

TO VISIT ITALY
METRO RANKS ITS
TOP BEACHES (page 22)

PEACEFUL PADDLING
KICKING OFF PEACE
WEEK ON VICTORIA
ISLAND (page 3)

WHY SHIA?

LABEOUF SAYS
HE IS 'HORRIBLE'

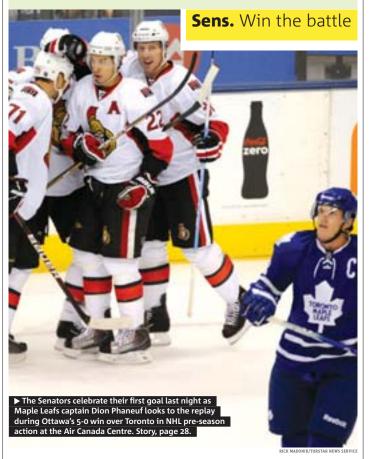
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THE COTTAWA

Wednesday, September 22, 2010 www.metronews.ca



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Parliamentary snore session

Paul Sullivan on our right honourable doofuses {page 13}

Tweety bird catches cold

Twitter hack causes users to visit unwanted websites {page 12}

Medical history put to use

○ Critic of Veterans Affairs finds his medical history has been viewed by federal officials ○ Bruyea has filed a formal complaint with the privacy commissioner

Confidential medical and financial information belonging to an outspoken critic of Veterans Affairs, including part of a psychiatrist's report, found its way into the briefing notes of a cabinet minister.

Highly personal information about Sean Bruyea was contained in a 13-page briefing note prepared by bureaucrats in 2006 for then-minister Greg Thompson, a copy of which was obtained by The Canadian Press.

The note, with two annexes of detailed information, laid out in detail Bruyea's medical and psychological condition.

The documents, for example, contain a quote from a 2005 letter from Bruyea's psychiatrist that warned his "mental condition is deteriorating and he is now actively experiencing suicidal ideation," a condition the doctor suggested was the result of the department's treatment of him.

The March 20, 2006, briefing also contained references to Bruyea's chronic fatigue syndrome, tension headaches and other medical complaints.

"This arrogance, this paternalism ... has extended to the point where they believe they can manipulate medical files."

SEAN BRUYEA, AN OUTSPOKEN CRITIC OF VETERANS AFFAIRS

And it divulged details about his pension and what Veterans Affairs spends on his treatment, including the number of doctor appointments he had during the previous year.

The note passed through the hands of at least three senior bureaucrats.

Bruyea uncovered the documents as part of a 14,000-page Privacy Act request about himself. He asked for the information in 2007 to discover why certain medical coverage by the department was denied to him.

Among other things, he found his file had been accessed by hundreds of federal bureaucrats, including policy-makers.

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Cullen says he won't run for MPP

A city councillor who has been rumoured as a potential candidate for the October 2011 provincial election will not be seeking a provincial nomination.

'Nominations for candidates for the ... provincial election will likely occur early in 2011 when the new city council would be dealing with the 2011 budget," said Bay Ward Coun. Alex Cullen, who is seeking reelection on Oct. 25. "It would be impossible to do justice to the city budget while pursuing a provincial nomination at the same time." • TRACEY TONG

Crunch time for **fundraising**

Mayor Larry O'Brien is getting some fundraising from one of the lawyers who helped with his trial last year. Vincent Clifford is helping organize a meetand-greet cocktail party Friday. Prominent business lawyer Debbie Weinstein will be hosting another O'Brien fundraiser at the Brookstreet Hotel Monday.

Clive Doucet will hold a fundraising art show at his Wellington Street campaign office Friday, while Jim Watson will hold his last major fundraising event at Lago on Sept. 30. TIM WIECLAWSKI

Car Free Day today

Celebrate Ottawa's Car Free Day today by leaving your car at home. National Capital Commission parking lots will be open to the public to "park and bike." TRACEY TONG

)ttawa



Paddling to push peace

Yesterday marked the United Nations International Day of Peace • UN secretary general called on young people to take a stand for peace



The canoe is, to some, a symbol to express the journey on the pathways of life and connecting with nature.

Through the canoe, people learn about balance, co-operation, harmony fun, said Romola Thumbadoo, volunteer coordinator with Grandfather William Commanda's Circle of All Nations.

They learn to respect the environment, which leads to a respect for one another, two essential themes for true deep peace in the world, according to Commanda.

Yesterday, the Circle of All Nations hosted a Paddle for Peace event on Victoria Island as a step towards the reconciliation of Aboriginal Peoples and Canadians, and for the promotion of peace in general.

The morning started with a Sacred Fire and Pipe Ceremony in the rain, fol-lowed by a short canoe trip onto the Ottawa River. The weather cleared up

Peace Event

Grandfather William Commanda's 11th annual Peace Event in Ottawa is the kickoff event for Peace Week Festivities happening across Ottawa

The documentary film For the Next 7 Generations: 13 Indigenous Grandmothers, will be screened at Prana Shanti Yoga Studio at 6

in time for speeches, canoe demonstrations and a concert.

- p.m. Saturday.
- Starting 11 a.m. Sunday, there will be a Path of Peace Walk from the Peacekeeping Monument on Sussex Drive to Victoria Island.
- On Monday, there will be a panel discussion entitled, 'How can world religions advocate peace and promote human rights of all people?" at Saint Paul University, starting at 7 p.m.

Mayoral candidates Cesar Bello and Clive Doucet attended the event.





News on the move

- Download the free ScanLife application with your smartphone at 2dscan.com
- Use the ScanLife application on your smartphone to scan 2D

On the web at metronews.ca

Ottawa worries over 'very real and very serious' terrorist threat at Commonwealth Games. Video at metronews.ca/ canada



Car Free Day Events

Group Bike Ride

Wednesday, September 22, Start - Remic Rapids Parking Lot – 7:30 am Reception: City Hall, 8 am www.envirocentre.ca

Vélo-City Global 2010

Public Presentation @ City Hall Wednesday, September 22, 7:00pm

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Randonnée à vélo

le mercredi, 22 septembre, 7h30 Début - Stationnement « Remic Rapids » - 7h30 Réception - Hotel de Ville 8h00 www.envirocentre.ca

Vélo-City Global 2010

Présentations publiques à l'hôtel de ville le mercredi, 22 septembre, 19h00

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Call's out for Nuit Blanche

◆ All-night arts event started in Europe and is very successful in Montreal and Toronto



On Oct. 2, more than one million people will attend the fifth edition of Toronto's free all-night contemporary arts festival, Nuit Blanche.

If all goes well, there will be a similar event held in Ottawa next fall.

On Monday, I



Blanche Ottawa will be holding its community in-

terest meeting at the Arts Court Library at 7 p.m.

Ottawa's version of the event will duplicate events in Toronto and Montreal, said Kel Morin Parsons, who is co-organizing the meeting along with Lauryn Kronick.

Ottawa has its own arts scene that will determine the flavour and shape the event and how quickly it grows.



Bell talks cash for mental health

During an announcement in the city featuring Olympic speedskater Clara Hughes, Bell announced it is donating \$50 million over five years to support mental health programs in Canada.

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Girl gives back to Starlight Foundation

Since 2006, Starlight Children's Foundation has helped seriously ill children and their families cope through entertainment and activities



Chloe Carriere was born with congenital scoliosis. At age three, she went through her first surgery.

Now, every nine months, the Ottawa resident travels to Boston to get the titanium rods in her spine adjusted. Not an easy thing for anyone to deal with, especially not a 13-year-old. But Chloe, who was born with a condition that causes a curvature in her spine, takes it in stride.

"I go through a lot of

pain," she said. "I'm in a really bad mood for two weeks. It limits my mobility and at gym at school, I can't do gymnastics or sit-ups. I can't do some stuff that other kids can do."

When a child lives with a condition like Chloe's, it affects the whole family, said

"It's something we'll never forget. It gave us a chance to have fun and not think about the hospital and it gave me and my sister a chance to bond with each other."

CHLOE CARRIERE ON HER TRIP TO WALT DISNEY WORLD

her mother, Lise Carriere.

"It can either split you up or make you stronger," she said. "You're handing your child over to a doctor for surgeries and seeing your child go through pain. It's very stressful."

In 2006, Chloe and her family got a break from the medical appointments and everyday routine with a trip to Walt Disney World from the Starlight Children's Foundation.

As this year's walk ambassador at Saturday's Starlight Children's Foundation's annual Walk For Smiles, Chloe said she's "hoping to give back to the foundation so that another child can have the same opportunity.'



Kim Mitchell, Sass Jordan and the Downchild Blues Band will be headlining a free concert at the Ottawa Civic Centre Saturday night.

An all-ages event, Rock for Public Service, presented by CUPE, will accept donations at the door, with all proceeds going towards the Ottawa Boys and Girls Club

One of Canada's quintessential rock icons, Kim Mitchell, known for his hits Go For A Soda, Patio Lanterns and I Am A Wild Party, recently released a new album, Ain't Life Amazing. He also hosts the afternoon drive show on O107 in Toronto.



The Queen of Canadian rock n' roll, Juno Awardwinning artist Sass Jordan has sold over one million CDs worldwide.

The legendary Downchild Blues Band celebrated their 40th anniversary last year and is known for their hits Flip, Flop and Fly, I Have Everything I Need (Almost) and Shotgun

Doors open at 7 p.m. **®** TRACEY TONG





Igor hits N.L. with brutal force

a Bantali 🔾

state of emergency Premier plans to visit affected areas today

Hurricane Igor ripped across eastern Newfoundland yesterday with a savagery that forced flooded, wind-battered towns to declare states of emergency, isolating some communities as rivers overflowed and roads washed away.

Police were investigating reports that an 80-yearold man was swept out to sea when the road beneath him collapsed in the Random Island area, about 100 kilometres northwest of St. John's.

The RCMP said only local residents were able to search the area because of impassable roads. Officers and the coast guard weren't able to access the island because air and sea travel were also impossible due to the fierce storm.

"It appears we have a very serious situation on our hands," Premier Danny Williams said.

Officials at the Canadian Hurricane Centre downgraded Igor to a post-tropical storm by yesterday afternoon, but it was still packing hurricane-force winds in excess of 150 km/h.

The centre said that 238 millimetres of rain fell in St. Lawrence by late afternoon and a peak wind gust of 163 km/h was recorded at Sagona Island on the province's south coast.

THE CANADIAN PRESS



Presidential nepotism?

Egyptian police beat and arrested anti-government activists demonstrating outside the downtown presidential palace against a possible father-son succession in the country.

Police seize funds from Vatican bank

Italian authorities seized \$23 million from a Vatican bank account yesterday and said they have begun investigating top officials of the Vatican bank in connection with a moneylaundering probe.
The Vatican said it was

"perplexed and surprised" by the investigation.

Italian financial police seized the money as a precaution, and prosecutors placed the Vatican bank's chairman, Ettore Gotti Tedeschi, and its director



general under investigation for alleged mistakes linked to violations of anti-laundering laws, news reports said.

THE ASSOCIATED PRESS

Woman, 29, in custody following naked fight

It's a case that police say began with two naked women fighting on a balcony.

Police in Hamilton say they were called to the scene on the evening of Sept. 13 by reports of a naked scuffle on a thirdfloor balcony.

Police haven't revealed any other details of the inci-

Karyn DeJong of Hamilton is charged with attempted murder, being unlawfully in a dwelling and sexual assault.

DeJong, who was arrested on Saturday, remains in custody following a court appearance on Sunday

THE CANADIAN PRESS

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Flaherty blasts Iggy, Liberals in scathing attack

● Ignatieff policies would cost Canada 400,000 jobs, finance minister charges ● Grits label it 'partisan vitriol'

The Harper government's insistence that it wants no election did not prevent its most powerful minister from test-driving blistering campaign themes that painted a doomsday portrayal of Liberal Leader Michael Ignatieff as a power-hungry politician whose policies will eliminate 400,000 jobs.

"Nothing would be safe," Finance Minister Jim Flaherty told a large business audience yesterday in a luncheon speech. "No part of our economy would be spared. No taxpayer would avoid the hit."

The attack before a Canadian Club audience, which



lasted the better part of 20 minutes, was received with stony silence by those in attendance. Flaherty did receive polite applause at the conclusion of his remarks.

Few Liberals were left unscathed. Former prime minister Paul Martin's government was called "weak, dithering and directionless" along with wasteful and corrupt. But the prime target throughout was Ignatieff. Flaherty said the Liberal leader's sole interest is "power, power, power." To get it, he said Ignatieff would join with the NDP and the Bloc Québécois in a coalition. The minister's of fice said the 400,000 figure was based on economists' expectations if the GST were hiked and the scheduled cut to corporate taxes does not go ahead.

Liberal finance critic Scott Brison said the unusual "vitriol" had all the earmarks of Prime Minister Stephen Harper.

THE CANADIAN PRESS



Ouellet takes seat in Quebec City

Martine Ouellet of the Parti Québécois was elected to the National Assembly of Quebec in a byelection on July 5, representing the district of Vachon.

'Possessed' woman gets 2 years

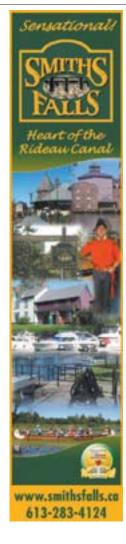
A Saskatoon woman who says she was possessed by a "shape shifter" when she threatened police with knives and they shot her has been sentenced to two years in jail.

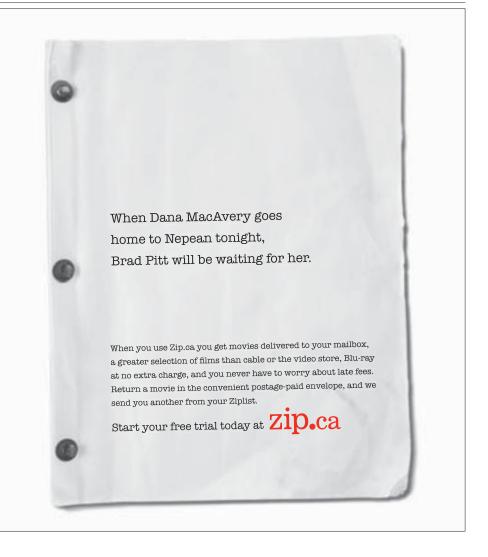
The officer who shot her testified that the woman was growling like an animal, screaming for police to shoot her and that there was no other option but to open fire.

THE CANADIAN PRESS

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FDA needs to label doctored salmon: Critics

Marking fish as modified a necessary safeguard against future problems: Consumer Reports publisher

Consumer advocates, environmentalists and other opponents of genetically engineered salmon told the U.S. Food and Drug Administration yesterday that it would be irresponsible not to label the fish as modified in the grocery store if it is approved for human consumption.

The agency heard from all sides this week as they held hearings to review the science of the fish that grows twice as fast as the conventional variety and to hear public comment on whether the fish should be labelled. According to federal guidelines, the fish would not be labelled as genetically modified if the agency decides it has the same material makeup as

If approved, the genetically engineered salmon could be in grocery stores in two years, AquaBounty estimates.

conventional salmon.

Consumer advocates say it is the public's right to know that the fish have been genetically modified. AquaBounty, the company that has developed the fish and is applying to the FDA to market it, says that genetically modified salmon have the same flavour, texture, colour and odour as the conventional fish.

In preliminary analysis

released ahead of the hearing, the FDA agreed with the company, saying there were no biologically relevant differences between the engineered salmon and conventional salmon.

Dr. Michael Hansen, senior scientist at Consumers Union, the publisher of Consumer Reports, testified that his organization disagrees with the FDA that genetic engineering itself does not constitute a material difference in the two fish. He added that the agency does have the authority to demand the labels, citing previous rules that allowed foods to be labelled so people with religious or cultural sensitivities could avoid them. THE ASSOCIATED PRESS

DESEADOR

Wind may have done Moses' job

Moses might not have parted the Red Sea, but a strong east wind that blew through the night could have pushed the waters back in the way described in biblical writings and the Qur'an, U.S. researchers reported yesterday.

Computer simulations show wind could push water back at a point

where a river bent to merge with a coastal lagoon, the team at the National Center for Atmospheric Research and the University of Colorado at Boulder said.

"The simulations match fairly closely with the account in Exodus," the national centre's Carl Drews, who led the study, said in a statement.

Religious texts differ a little in the tale, but in all the Red Sea parts to let Moses and his followers pass safely, then crashes back onto their pursuers, drowning them. THE ASSOCIATED PRESS

Online light show draws big crowds

The Canadian Space Agency says thousands of people have already viewed the aurora borealis on a website it set up for the light show.

The live daily feeds from Yellowknife began Monday night on the website AuroraMax.

An agency spokeswoman says the site had registered more than 168,000 hits as of yesterday afternoon. THE CANADIAN PRESS

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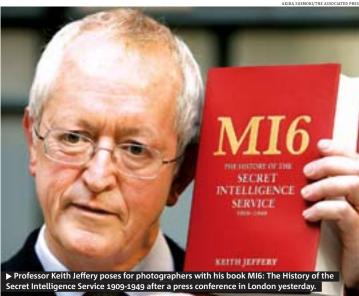
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New book tells untold story of U.K. spy agency

♠ Among spies profiled in book is a friend of James Bond creator Ian Fleming and possible model for 007

It's James Bond, with bureaucracy and cramped office space.

The first-ever official history of MI6 reveals that Britain's foreign spy agency debated assassinating Nazi leaders, landed a spy wearing a wetsuit over his tux at a casino by the sea and experimented with exploding filing cabinets — but also wrangled with other government departments and had to make do on a shoestring budget.

The book, published yesterday, tells a story of plots, paperwork, duplicity and derring-do that takes in

1949
The book stops abruptly in 1949, but, still, its

ly in 1949, but, still, its existence represents a change of policy for an agency whose existence was only officially acknowledged in the 1990s.

fears of a Nazi anthrax attack, cross-dressing secret agents and worries about the safety of the prime minister's milk supply.

"The real James Bonds are more interesting than

the fictional James Bond," said author Keith Jeffery, a historian at Queen's University Belfast, who had access to previously secret files in the MI6 archive. "They are male and female. They are real people. They have real frailties and real courage."

The book tells the story of an agency founded in 1909 with a staff of one, Mansfield Cumming, who recorded his first day in his diary: "Went to the office and remained all day, but saw no one, nor was there anything to do there."

THE ASSOCIATED PRESS

HUMAN RIGHTS

Panel sides with gay couple

Two gay men refused rental accommodation because their landlord feared God's wrath have won their complaint in front of the Northwest Territories Human Rights Commission.

Adjudicator James Posynick ruled that landlord Will Goertzen's acted "contrary to ordinary standards of decent behaviour" and denied the men "the respect and dignity they are entitled to as fellow human beings."

Goertzen was ordered to pay Scott Robertson and Richard Anthony \$6,500 each in damages, as well as \$400 to Anthony for lost wages. In May 2009, the cou-

In May 2009, the couple signed a lease for the main floor of a rental house. Anthony's sister and her son already lived in the basement suite.

When Goertzen found out they were gay, he told them he wouldn't honour the lease. THE CANADIAN PRESS

City's pension fund in red

Ottawa taxpayers may have to pay \$30 million over three years to top up municipal workers' pensions.

The 2011 contribution rates for employers and employees under the Ontario Municipal Employee Retirement System is going up due to a funding shortfall in the plan.

A city memo says the bill works out to \$10.8 million next year. THE CANADIAN PRESS



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PM's wife gets back to her roots at event

► Harper grew up on an Alberta ranch ► Decided to speak at event due to 'women in agriculture' theme

Prime Minister Stephen Harper's wife was on hand yesterday to celebrate what's widely considered to be rural Ontario's biggest event of the year.

Laureen Harper spoke at the opening ceremonies of this year's International Plowing Match, which attracts thousands of people every year.

She says while she loves the Calgary Stampede, it's pretty clear that the biggest show on Earth is happening in St. Thomas.

Speakers

Premier Dalton McGuinty also spoke at the event, along with Opposition Leader Tim Hudak and NDP Leader Andrea Horwath.

The event is an annual pilgrimage for Ontario politicians of all political stripes, who end their day by taking the wheel of a tractor to see whether they can plow a straight line

THE CANADIAN PRESS



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Dogs Gone Swimming in Virginia

Fewer may call MySpace theirs

• Social networking site set for a 'jarring' redesign

The MySpace redesign set to launch in mid-October may be so jarring that the social networking site could lose members at first.

That's according to Jon Miller, the chief digital officer of MySpace parent company News Corp. Miller says the overhaul marks a "full swing of the bat." He was speaking yesterday at a conference hosted by entertainment and media news website TheWrap.

He said, "I can't see how it doesn't shed some people initially."

News Corp. has been struggling to turn around the site, which has lost ground to Facebook and Twitter. In the most recent quarter, the segment responsible for MySpace lost \$174 million US, mostly due to lower search and advertising revenue.

MySpace already revamped its home page in August to lay groundwork for the fall overhaul.

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Mysterious hack makes way to Twitter

Twitter representatives did not return an email seeking comment yesterday morning

chief quickly spread through short-messaging service Twitter yesterday morning before the site could fix the problem, as mysterious "tweets" of blocked-out text propagated themselves and caused popup windows to open.

Shortly before 10 a.m., Twitter said on its safety feed on the site that the attack had been shut down. It also said it does not believe that any user information was compromised.

The hack had been extra nefarious because the



140Fittingly for Twitter, which limits messages to just 140 characters, the virus may have been among the shortest on record. According to security software maker F-Secure Corp., the shortest virus so far was just 22 characters long.

enough for web surfers to move their mouse cursors over them. But it only affected visitors to Twitter.com. Various programs, were unaffected.

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Visits by **Americans** up: StatsCan

Travel by U.S. residents to Canada reached 1.7 million trips in July, up 2.3 per cent from the previous month.

Statistics Canada reports residents of the United States made a million overnight trips to Canada in July, 2.9 per cent more than in June.

Americans also made 615,000 same-day car trips to Canada, up 1.2 per cent. Travel by residents of

overseas countries dropped 1.3 per cent to 369,000 trips in July as seven of the top 12 countries posted declines. Overall, travel to Canada by foreign residents rose 1.6 per cent. THE CANADIAN PRESS



Kits show da Vinci flight designs

The wooden Leonardo da Vinci kits are a world-first presentation of the Revell company during a German fair. The device was designed to compress air to obtain flight similar to today's helicopters.

Media use

Television viewers are increasingly using devices such as the iPad and Xbox to tune in to their favourite shows.

- Statement "Unregulated competitors are creating new challenges that must be met sooner, rather than later," Shaw told the Canadian Radio-television Telecommunication Commission hearing. "This is critical to maintain our competitive position and strengthen the Canadian broadcasting system."
- Rivalries Shaw rivals, such as Telus Corp. had been concerned the cable and Internet company would make Canwest content exclusive to its own platforms.
- Access However, Shaw sought to assure the CRTC yesterday that denying access is "not even on our

Deal will help fight competition: Shaw

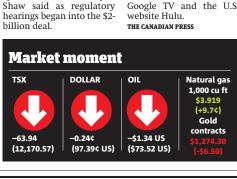
Communications Inc.'s proposed purchase of Canwest Global Communications' television assets will help it fend off "intense" competition from emerging media platforms, company execu-tives told a hearing yesterday.

"Changes in the Canadian communications landscape are dramatic and happening at break-neck speed," chief executive Jim Shaw said as regulatory billion deal

"There is intense competition to meet consumer expectations for any time, anywhere content and innovations like 3D TV."

Integrating Canwest's content with Shaw's distribution capability is key to competing with so-called 'over-the-top" offerings. that allow consumers to access shows when they want and how they want.

Examples include Apple TV, the soon-to-be released Google TV and the U.S.





CAPITAL HILL

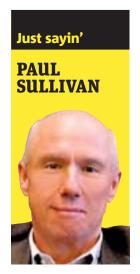
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LONG AND SHORT OF CANADIAN POLITICS



The House of Commons is back in session and it's very exciting. Not.

Ps are debating whether or not to keep the long-census form and the longgun registry.

There's a theme at work here. If it's long, it's on the agenda. At least I can't see any other reason for the petty preoccupations of this government.

I've been around a long (there's that word again) time and I can't remember when Canadian politics was as lame as it is now. Pierre Trudeau once went to the polls on "The Land is Strong" (not long) and was rightly trounced. He had already set the bar pretty high with: "The state has no place in the bedrooms of the nation," and "The Land is

Strong" was a disappointing sequel.

Nonetheless, compared to the stupefyingly pointless debate over the long-form census, it's vintage Winston

Churchill.

Our prime minister seems to think Canadians believe that the right to bear unregistered long guns should be enshrined in the Charter of Rights and Freedoms. And while we're at it, we don't need no stinking long forms.

I have news for you Mr. Harper: Canadians don't care!

They do care about the small stuff like health care and education, but they're not long, so I guess that's why they're not on

the agenda

"As for the stupid

form, only a

nation of

bureaucrats

would argue

about a

census form."

The long-gun registry is on today's agenda. I could save a lot of greenhouse gas and solve it in 15 seconds. The Canadian

Association of the Chiefs of Police says it helps fight crime. That's good enough for me. Next?

As for the stupid form, only a nation of bureaucrats would argue about a census form. And Trudeau said the state had no place

in the bedrooms of the nation. He was completely silent on counting the bedrooms of the nation.

So where's my pencil? Count me in!

These twin follies are just the tip of the iceberg. Our nation's fu-

ture leaders can't afford higher education, which means we have another generation of right hon-ourable doofuses in the making. Instead, the government wants to spend about \$16 billion of our tax dollars on fighter jets since the Russians might violate our air space. Not sure why. To purchase duty free?

These must be short jets or else the government wouldn't want them. Just sayin'.

I keep hoping I'm just dream-ing of an old Monty Python skit - the Ministry of Long Things or something, and I'll just wake up and everything will be relevant and meaningful again.

It will; won't it?



Read more of Paul Sullivan's columns at metronews.ca/justsaying

TORSTAR NEWS SERVICE FILE

Cartoon STEPHEN HARPER BOOSTS AID TO THE DEVELOPING WORLD:

Worth

mentioning

Drivers annoyed by parking tickets in Cambridge, Mass., are getting some calming advice from city

officials — try yoga.

The city's parking tickets include instructions on the reverse on how to bend into some simple vo-

ga positions.

The city, which is home to elite universities Harvard and MIT, printed 40,000 of the tickets as part of a public art project by artist-in-residence Daniel Peltz.

Peltz envisions "a reflection on a social situation, the human experience of giving and receiving parking

Bend your stress away

Reflect on that ticket



He emailed from Sweden: "I started this process by wondering what would happen in a world where I received them with a set of graceful postures: A clean bend at the waist, a gentle lift of the windshield wiper .. I'm going to get the ticket either way, my only choice really is how I'm going to receive it.

Susan Clippinger, the city's transportation chief, told the Boston Herald the purpose of the tickets is to "debunk the idea that all parking tickets are a hostile action."

Not everyone is buying it. Cambridge resident Hyunho Noh said "it's not working" as he showed up to pay a \$25 ticket.

What's one thing you'd like to do but haven't done vet? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

Metro has the right to edit letters and submissions.

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Metro Minute with Lady Dive

You call Ottawa home, and may have for many years, but have you checked it out from the water?

See the National Capital Region from a new per-spective — on a Lady Dive amphibus.

The company, which Ottawastarted its Gatineau city tours in 1999, also has doubledecker buses, trolley tours

and walking tours in addition to its amphibus

Tours — which run roughly one hour and include anecdotes about the city - are offered in English and French, on land and water five times a day, seven days a week, and run through the end of October.

TRACEY TONG





Douglas



Michael Douglas has channeled the confidence of ruthless corporate raider Gordon Gekko while walking the red carpet at the New York City premiere of his latest film, Wall Street: Money Never Sleeps. The Academy Awardwinning actor recently announced he's being treated for throat cancer. and wasn't able to give interviews this week THE ASSOCIATED PRESS



takes time away from the fast break to carve out a film career



Walking Wall Street

◆ Director Oliver Stone takes Metro through how he updated his new film Wall Street ◆ Talks about the impact of the real world Wall Street crisis



Controversial movie director Oliver Stone is renowned for his hardline liberal views on American politics.

He has unflinchingly tackled raw events with films like World Trade Center and W but now he's taking on the men behind the world financial meltdown by revisiting a topic he covered over 20 years ago with his film Wall Street.

He spoke to Metro his timely sequel Wall Street: Money Never Sleeps.

How did you update Wall Street?

That's a 10-minute answer! Things like computers, globalization and the banking system on steroids. It's crazy. Banks were kind of dull back in the 1980s but by 2000 they had got into the debt business big time. They drove the economy into the toilet. We were living beyond our means, not just the banks, but the people, everyone.

Do the characters behave differently from those in the 1987 movie?

The old world was much more person-to-

person. Now, you really basically trade with a computer. Also, you are in and out much faster. You don't take long-term positions and that's unfortunate. A lot of it is speculation. It's a short-term process: you

The focus of the original movie ended up being on Gordon Gekko — who the public became fascinated with.

grab it while it's hot.

Michael Douglas was well aware of that and came back with a much bigger role than in the original. It's really a human drama with a background of Wall Street same old problems with love, trust, greed and betrayal that we have always had in our history back not just 1987 but in 2008.

How difficult was it making a film about a crisis in the midst of that crisis?

The research was complex. I mean the concept of taking credit derivatives, all that new jargon, it's complicated. We didn't want to overdo it, so we had to simplify it. We have complicated stuff in that movie. The Federal Reserve Board scenes alone have never been done in film. It was taking a complex thesis to making it smaller and simpler but

On sequels

On why he's never made a sequel

"Don't call it a sequel If I wanted to do a real sequel, I would've done it in the '90s because most of the people would've remembered the original and I probably would've done it better. But I don't think you need to know the old film at all to appreciate it. The only leftover is Gekko and he establishes a new character from the very beginning."

true to what happened, so I think if you look closely at the background, you will see the events of 2008 were echoed in the film.



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Romanek takes on dystopian romance in Never Let Me Go



Director Mark Romanek has an extensive music video background that goes beyond 25 years. He's worked with the likes of Madonna, Coldplay and Jay-Z and even has two videos in Manhattan's Museum of Modern Art.

Yet with all that experience, he's still learning how to make movies. "It's a completely different agenda," said Romanek while promoting his latest film, Never Let Me Go.

"Making a pop video is meant to be punchy and energetic and grab you by the collar ... this is an adaptation of a Kazuo Ishiguro novel. You have to completely start from scratch, change your rhythms, change your whole sensibility."

Called the Best Novel of the Decade by Time Magazine, Never Let Me Go tells the tale of three young adults at a remote English boarding school that soon



discover they're being groomed for the ominous future that awaits them.

"It really isn't a science fiction film." said Romanek about a surprising fantastical twist in the film. "It's a very subtle underplayed sense of an alternate history. It's interesting because it's a retro-future — it takes place in the '70s, '80s and early '90s, so it's not that kind of futuristic science fiction."

Still, it is a shocking dystopian romance and

while it was bold enough to craft an oddball love story, that's nothing to the scrutiny fans of the novel will undoubtedly hold for Romanek's Hollywood adaptation.

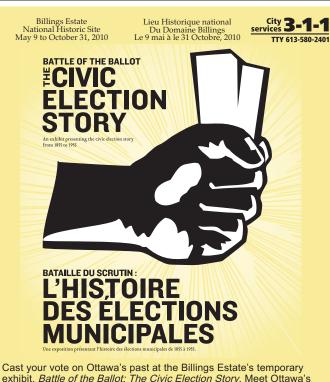
"You simply can't cram every beautiful detail into a film. You have to make some tough choices about getting at the essence of the story," defended Romanek. "But the greatest validation for me is that Kazuo, the author, loves the film."

A Diverse List

Some of Mark Romanek's best known music videos:

- kd lang. Constant Craving, 1992
- Nine Inch Nails. Closer,
- Madonna. Bedtime Story, 1995
- Weezer. El Scorcho, 1996
- Johnny Cash. Hurt, 2002 Jay-Z. 99 Problems, 2004
- Coldplay. Speed of Sound, 2005





exhibit, Battle of the Ballot: The Civic Election Story. Meet Ottawa's past mayors and compare their most contentious issues with ours today - just in time for the City's October election.

The exhibit is open 11 a.m. to 5 p.m. Wednesday to Sunday until October 31.

Billings Estate National Historic Site 2100 Cabot St Ottawa ON K1H 6K1 Call 613-247-4830 or visit Ottawa.ca/museums for more information.







Your guide to this fall's top MOVIE PICKS

• This year's cinematic goodie bag of made-for-Oscar-glory dramas, box-office burners and splatter fests will last you through till Christmas



Spring's got the duds. Summer's got the block-busters. Fall — probably in keeping with the myriad leafy colours of the season — brings in more mixed film fare.

So, here's the Metro list of what's hot and what's not in the world of movies for the chilly days ahead:

THE MEGA-MILLION-DOLLAR LIST:

Megamind (Nov. 5): After the disastrous Land of The Lost and the ho-hum The Other Guys, Will Ferrell needs a hit. And this animated send-up of superhero movies might just have the mainstream super-strength to save the day for the comedy star.

Due Date (Nov. 5): It's a Todd Phillips (The Hangover director) movie. It's a road trip movie. It's a Robert Downey Jr. and Zach Galifianakis movie. No reason why Warner Bros. shouldn't be laughing all the way to the bank.

Harry Potter And The Deathly Hallows: Part 1 (Nov. 10): Only the boy wizard and his Hogwarts mates can take on the box-office might of Toy Story 3 and Inception — two of 2010's biggest hits.

ALSO SEE: Tron: Legacy, Paranormal Activity 2

THE ACADEMY LIST:

The Social Network (Oct. 1): Will uptight Academy voters "like" the new media phenom? Early critical buzz for the David Fincher film points to some serious nomination damage.

nomination damage.

127 Hours (Nov. 5): It's a
Danny "Slumdog Millionaire" Boyle movie all right
but all the praise around
this true tale of a trapped
hiker has been heaped on
star James Franco.

Black Swan (Dec. 3): If blogs are to be believed, Natalie Portman has the Best Actress Oscar locked down for her turn as a tortured ballet dancer in Darren Aronofosky's follow-up to The Wrestler.

ALSO SEE: Hereafter, True Grit, The King's Speech

THE ALTERNATIVE LIST:

The Girl Who Kicked The Hornet's Nest (Oct. 15): Girl wonder Lisbeth Salander's harrowing journey comes to an end in the final installment of the Millennium Trilogy.

Fubar 2 (Oct. 1): The Canadian cult classic about two Calgary headbangers returns with a bigger budget but the spirit of improvised buffoon-

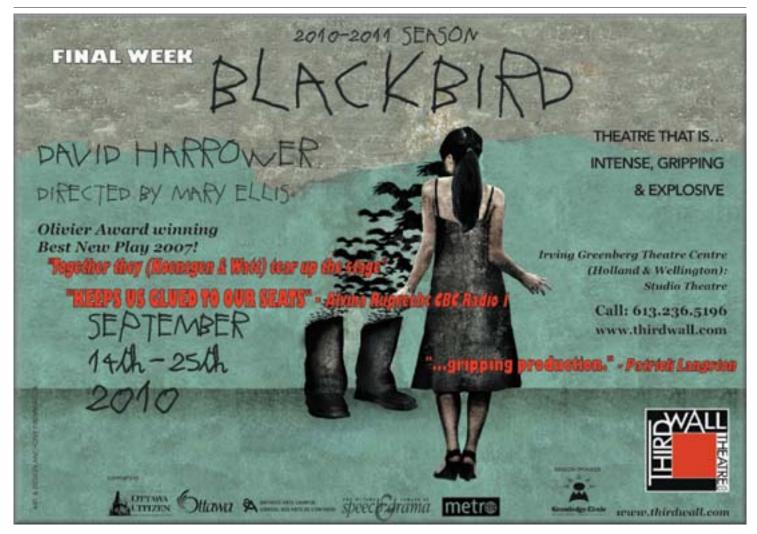
The Black List

- Saw 3-D. You knew this was coming. Maybe this will be so revolting that it will turn viewers off 3-D once and for all (now that's wishful thinking).
- Burlesque. Christina Aguilera goes the Britney
 Spears and Mariah Carey
 route. That can't be good
 news
- Little Fockers. Some things just don't sound right. Or funny.

ery remains intact.

Catfish (limited release): Is it a documentary? True or not, this may be this year's biggest leftfield hit.

ALSO SEE: Jack Goes Boating, Jackass 3-D, The Tempest





A new brand of Justice

▶ Former prosecutor starts her own daytime legal show ▶ Unraveling stories behind legal disputes could distinguish Swift Justice from rivals

The teenager furrowed her brow and fixed Nancy Grace with a glare from across the television studio. But the girl was messing with the wrong person.

"You're trying to act like

a bully right now," Grace told her. "I'm not going to be bullied."

Anyone who has seen the fierce former prosecutor clamp down on missing person cases on her prime-time HLN show knows who wins that test of wills.

Grace has brought her style of justice into day-time TV's busy courtroom genre and hopes to stand out, in part, by not being in a courtroom. She referees disputes but stays out of judicial robes and off the bench in the daily, syndicated show Swift Justice that premiered last week. She uses polygraphs and interviews witnesses who appear through Skype-like technology on huge screens on her set.

And there will be no doubting her rulings. "Case closed," she says, in what may quickly become her catch phrase.

Grace's high profile and willingness to try new things give Swift Justice the best chance at succeeding among the three new syndicated legal shows debut this fall, said Bill Carroll, a programming analyst for Katz Television, which represents local stations seeking ad time in the syndication market. Seven existing shows, including People's Court and Judge Joe Brown, also chase Judy in the ratings.

Grace recognizes the dominance of Judge Judy. It's one of the few shows that her father watches regularly back home in Georgia. "Why even pretend to be her?" Grace said. "Why even try?"

Before getting into television, Grace spent a decade as a prosecutor of felony cases in the Atlanta area. The prosecutor mindset — getting in the trenches and asking questions — is what she's most comfortable with and she builds her show around

that experience.

She studies the facts of each case and even writes out an opinion before each taping (each show has two cases). Grace has been surprised during her first batch of shows at how often her opinion changes when she talks to some of the people involved.

On paper, a 12-year-old girl who hurt a classmate by throwing a rock at her seemed simple — until Grace found out the girl had been acting out since her mother died a few months ago. Her grandmother couldn't handle her and tried to tame her with spankings.

It reminded Grace of the incident that altered her life and career, when her fiance was murdered and she gave up studying teaching to go to law school. Even 30 years after that tragedy, a recollection dampens her eyes.

dampens her eyes.

"Nobody was equipped for this whole situation," she said. "Nobody. I knew because I was there and I was not equipped for what happened. I never sought counselling. I didn't know to."

Swift Justice producers hope its stories will give Grace the chance to show a more engaging side of herself. Initial results were oddly unpromising: Her first show, for example, seemed edited to show a gruff, tough Grace almost at the expense of clarity.

"Hopefully, that will

"Hopefully, that will shine through one of these days but it's not about me," she said. "It's about these cases and these people, their stories and hopefully what people can take away from them."

THE ASSOCIATED PRESS



TV Picks

Phoenix faces Letterman

LATE NIGHT. Joaquin Phoenix returns to the scene of the crime but will he be in character again? The actor is a guest on the Late Show with David Letterman, where he last appeared heavily bearded and wearing dark sunglasses, and mumbled his way through a confrontational interview. He's returning to promote his

ROGERS

mockumentary I'm Still Here, and who knows which Joaquin will show up. (CBS)

Dragons back for new season

REALITY. Dragons' Den is back for a fifth season with another lineup of hopeful Canadian entrepreneurs. The Dragons consider business pitches on a dog umbrella, a new public washroom sanitization product and a textbook rental service. (CBC)
THE CANADIAN PRESS

1. Rogers On Demand Online anywhere with Internet connection in Canada. 2. Taxes apply. Must sign up for online billing. Free installation. Offer available for a limited time and is subject to change without notice. Offer available to new Rogers Cable customers only who sign up for a 1-year term for both Digital VIP and Internet Express. Early Cancellation Fee applies if one of the services is dropped before end of term. Internet Express G Modem rental fee, Internet Activation Fee and monthly Digital Service Fee, waived for first 6 months. Regular monthly rates apply after promotional period. Digital Box purchase and/or rental fee not included in offer price. CRTC Local Programming Improvement Fund (LPIF) Fee also applies, corresponding to 1.5% of your recurring TV monthly service fees. 3. Savings based on \$20/mo for VIP and \$10.50/mo for Internet Express.

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Hugh Jackman's chopper gets electrified

Authorities say a helicopter used in the filming of the Hugh Jackman movie Real Steel snagged a power line in Michigan, causing a brief power outage and closing a roadway.

Huron County Sheriff Kelly J. Hanson told the Huron Daily Tribune of Bad Axe that no injuries were reported after the Sunday evening incident in Huron County's Sheridan Township, about 90 miles north of Detroit.

Hanson says the helicopter was equipped with a front-mounted camera. Hanson says the helicopter hooked the electrical wire. then seemed to have "direcbefore safely flying away. THE ASSOCIATED PRESS



Lohan not quite locked up yet

Officials at Los Angeles County Superior Court say a bench warrant was issued Monday for Lohan. However, authorities say Lohan won't be taken into custody pending the court hearing Friday.

Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening.

Lohan spent two weeks in jail this year after violating probation stemming from convictions involving her 2007 arrests for drug use and driving under the influence.

THE CANADIAN PRESS



MJ's kids to be on the stand

manslaughter trial of Michael Jackson, accused doctor Conrad Murray plans to call two of the late singer's children to testify, according to Radar Online. "Prince and Paris knew their dad relied on Dr. Murray to survive and knew their father adored him," a source says. "Their comments, if they back him, could save him from jail because it would work well in the eyes of a ju-METRO

Religion the cause of Moss' divorce: Report

SCIENTOLOGY. Elisabeth Moss officially filed for divorce from her husband of less than a year, Saturday Night Live star Fred Armisen. according to Us Weekly. Moss and Armisen have been living separate lives since they split up in June, according to the court documents. While the cause of the breakup is unclear, sources say the Mad Men actress' devotion to Scientology came between them. METRO

Getty back with wife

FAMILY. Actor Balthazar Getty is back with his wife, Rosetta, and family after his affair in 2008 with Sienna Miller split them up, and now he's opening up about it. "Here's the bottom line:

It was a very challenging time for everybody involved, Getty tells Harper's Bazaar. "But I loved and missed my family too much not to make it work.'

METRO

Shia is not green

ENVIRONMENT. Shia LaBeouf admits that he isn't that green. "I'm gonna be honest with you, I'm not environmentally friendly," he says, according to Showbiz Spy. "I'm horrible, horrible, horrible. My mom hates me for it. Sometimes I put the can in the right bin, sometimes I don't I'm sorry, world.

[A Miss KellyO] i have bit of

Osbo-

urne



Celebrity tweets

armstrong] I've decided it's not that HOT here. However it is miserably



Slash [Aslash] Its been brought to my atten-

is the voice of "Mermaid man." I thought he looked & sounded just like him. Kelley

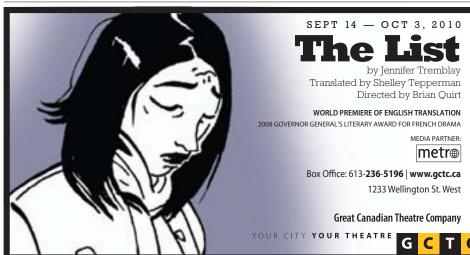
tion the Ernest Borgnine





THEATRES

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A better ride



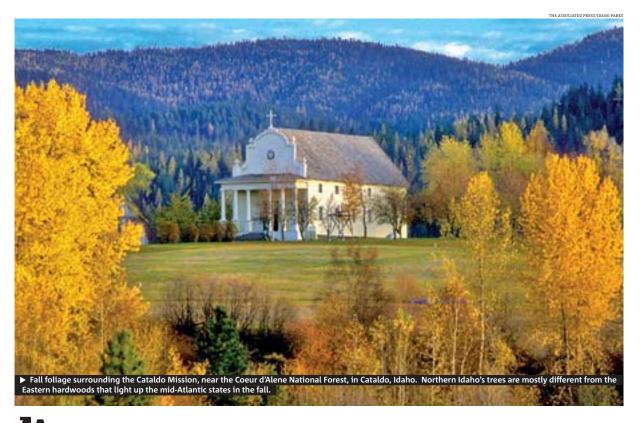
Universal Orlando is tweaking an attraction to ensure even guests with bellies can enjoy the park's most popular Harry Potter ride.

After taking heat from guests too big to squeeze in, the company said Monday it has started tinkering to make Harry Potter and the Forbidden Journey more accessible.

THE ASSOCIATED PRESS



Pass offers coach service from London airports to destinations throughout Britain



of colour in Idaho

▶ Fall foliage defies idea that autumn colour is something only found in the East ▶ A stunning riot of yellow, deep green and bright gold greet you

In this age of big-box stores, Sandpoint, in northern Idaho, offers the little box: The labyrinthine used bookstore, the coffee shop with a sagging couch and a pile of magazines, and a family-owned pharmacy and tool store that sells rubber bands, wheel-chairs, birdseed, and dolls.

Just an hour south of the Canadian border, tiny Sandpoint (population 7,000) offers another counterpoint to prevailing perceptions as well, by defying the idea that fall foliage is something you only find in the eastern United States.

Northern Idaho's trees are mostly different from the eastern hardwoods that light up the mid-Atlantic states in the fall.

The mountains are dominated by evergreens, but they have some deciduous species such as quaking aspen, cottonwood and willow. Just as in the East, the trees here also display a stunning mix of colour as winter approaches.

The western larch, also

called the tamarack, turns a bright gold as its needles drop to the ground.

Then there's the muted green of sage-covered hills with splashes of purple or yellow wildflowers and the round yellow leaves of the aspens glimmer like a basket of gold coins.

Chic Burge, a photographer who works in a store called Camera Corral in nearby town Coeur d'Alene, leads foliage hiking tours in the mountains along the border of Idaho and Montana, where

colour peaks at the end of September and first half of October.

Idaho's culture is rooted in natural resources like agriculture, logging and mining, and the region's fall festivals make the most of those roots.

Fall visitors are just in time to see sheep herders moving the sheep down to lower pastures for the winter—the basis for Sun Valley's popular Trailing of the Sheep festival, which falls on Oct. 8 to 10 this years. The ASSOCIATED PRESS

If you go ...

The West also has something lacking in most Eastern states: Space to enjoy the landscape on your own, or in the company of some cattle or sheep.

Getting there: The nearest large city to northern Idaho is Spokane, Wash. Its airport is served by a halfdozen airlines, including Southwest and Delta. Or take a ride on Amtrak's Empire Builder between Chicago and Seattle.

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Wales' beach invasion

• Freshwater West Beach in south west Wales has somehow got onto Hollywood's A-list • In recent months both Robin Hood and Harry Potter and the Deathly Hallows have been filmed here • Paul Baldwin takes a look



Secrets spots



PRISKILLY FOREST COUNTRY HOUSE AND GOLF CLUB

Rural and isolated you feel you've stepped back in time. The sweeping staircase and imperious grandfather clock which greet you indicate a house of treasures — there are ceremonial swords, random mounted fish, veteran pieces of furniture, drawing rooms and log fires and it all feels wonderful. priskilly-forest.co.uk



ST BRIDES SPA HOTEL, SAUNDERSFOOT

spantiful super-modern spa hotel perched on a cliff overlooking Carmarthen Bay. The hotel and Saundersfoot are two of Wales' best kept secrets. Most rooms have a sea view and the apartments are great.

Restaurant specialises in Pembrokshire produce and sister diner The Mermaid on the Strand is a delight. stbridesspahotel.com



You know how annoying it can be.

You've just laid out your towel, factor 30'd-up, put your new shades on, and you're just getting to a juicy bit in your trashy novel when suddenly thousands of marauding horsemen and hundreds of French longboatmen intent on murder, rape and plunder go and spoil the mood.

At least that's how it was at Freshwater West Beach in Wales when movie director Ridley Scott rocked-up (with superstars Russell Crowe, William Hurt, and Cate Blanchet in tow) to film the major battle scenes for Robin Hood.

The movie, which has just been released on DVD, is dripping with Scott's famous attention to detail, and over two weeks the beach (and the locals) wit-

nessed film-making on a truly epic scale.

Student Marlon Godfrey, who lives in nearby market town Narberth, said: "It was unbelievable. My friends and I would come out here at the crack of dawn and watch the film being made.

"Normally nothing like this happens in this part of Wales, but we've had Harry Potter being filmed here too."

But after a long day putting French invaders to the sword how do legendary mythical heroes unwind?

Well Crowe, who plays Robin Hood, set up a caravan and threw endless barbecues. You can take the boy out of Australia...

But the more discerning Blanchett (Maid Marion) Hurt (the hapless William Marshall) and of course Alist director Scott headed for The Grove, a gorgeous 18th century country house close to Narberth "It can be really annoying when your tranquil corner of the beach is invaded by marauding horsemen with murderous intent."

which has been painstakingly restored to former glories by owners Neil Kedward and Zoe Agar.

The Grove offers both nine traditional bedrooms and three beautifully appointed suites.

A little further across the 26 acres of painstakingly tended gardens are four converted stone cottages with oak kitchens and wood burning stoves.

These can be self-catering and visitors can even help themselves to produce from the seasonal country garden.

The whole thing is set in a small hollow on a hill-side with stunning views of Narberth and the Preselil Hills and the deliciousness of the setting is only met by the food served in the restaurant.

The breakfast is a gem—if you can steer yourself away from the traditional Welsh breakfast try the homemade toasted crumpets with blueberries and Greek natural yoghurt or the creamed smoked haddock and parmesan omelette.

Neil says The Grove is no stranger to celebrity guests but the cast of Robin Hood was a bit special.

"To have to remain completely cool and professional even though Cate Blanchett was in the bar was difficult!" he adds



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▶ Italy is perhaps more famed for its cultural gifts to the world than its leisure activities ▶ But take a closer look ▶ There are hundreds of miles of world class beaches to explore and enjoy (bikini tops optional)



The glories of Rome, Florence, Naples, and Milan are quite rightly trumpeted around the world.

The flip-side of this though is that Italy often gets seen as a 'city-break' nation — cool, stylish, historic and cultured.

But this is to overlook the 7,600 km of infinitely varying coastline offering those less inclined to Renaissance gems a treasure no less desirable: Italy's perfect beaches.

We've picked our five favourites, so you don't have to.

5

TERRACINA

Only an hour from Rome, Terracina is a firm favourite with the Italians.

White sands, warm sea and all mod-cons in terms of sea-front bars, restaurants and shops. What lifts Terracina is the beach's proximity to a host of Roman ruins, including Jupiter's Temple and the old Roman Forum.

It is still a working port and has a bustling and picturesque quayside.

SPIAGGIA SABBIE NERE, SICILY

Easily the loveliest beach on the archipelago, Spiaggia Sabbie Nere is scenic, quiet, and usually quite empty on the island of Vulcano, which is why the sands are black.

This is only a problem around noon when the sand gets so hot it is impossible to walk on. Take flipflops and chill. Mud baths using the volcanic mud are also available.

3

RIMINI

Another classic Italian beach with gorgeously wide strips of white sand stretching along Adriatic coast, Rimini is every inch the classy Italian tourist hot-spot. In Italy, architectural

marvels and Roman ruins are never far away, and so it is with Rimni.

At night the beach area positively buzzes with upmarket restaurants, bars and clubs.

2

CAPRI

Capri has long been a magnet for Italy's rich and famous, and with good reason — it is a Mediterranean paradise, an island dominated by rugged cliffs, luxury apartments with infinity pools, all projected against the most brilliant blue seas and skies anywhere in the world.

A short walk form the historic center of Capri is Marinna Piccolla beach.

1

SORRENTO

Arguably the diamond among the gems of the Amalfi Coast's beaches. Sorrento's backdrop — rolling hills overlooking the Vesuvius volcano — is simply stunning.

It's also just a short

It's also just a short drive from the buzzing city of Naples and close to Pompeii, Capri and Ischia.

In antiquity, it was famed for its Sirens. To-day, it's the lure of the beach!





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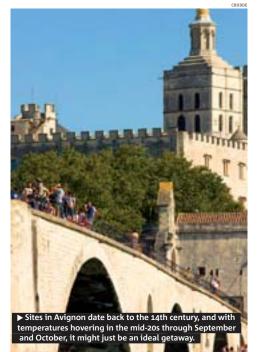
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Why go now?

Avignon sits on the left bank of the Rhone in the south of France and enjoys a Mediterranean climate, with temperatures in September and October in the mid 20s. It's a lovely open city with a great history. Watch out for the mistral winds though – one historical jibe runs 'windy Avignon, pest-ridden when there is no wind, wind-pestered when there is.' Which we can assume won't be appearing on any tourism posters anytime

It's my first time - what should I do?

Most of Avignon's historical monuments date from the 14th century, when for 70 years the papal seat was moved there from Rome. The massive Palais des Papes is the centrepiece: a vast Gothic confection of

banqueting halls, crennelated towers and soaring ceilings but the city overflows with palaces, castles, museums and churches. The absolutely unmissable sight however is the Pont St-Benezet, the famous bridge of the folk song Sur le Pont d'Avignon. Only four of the original 22 original arches remain but they have an atmosphere all their own

I've been there before - what should I see this time?

The city walls provide exquisite (and free) views of the vineyards of the Rhone and the Rocher des Doms park. Other A-list attractions include the mediaeval paintings of the Petit Palais, the Romanesque cathedral Notre-Dame-des-Doms, and the Renaissance church of St-Pierre.

The area around rue de la Banasterie has a higgedly-piggeldy collection of 17th and 18th-century town houses, with mul-

"There's not much left of the original bridge but what remains has an eerie feel."

lioned windows and tiny courtyards.

Where's the best shopping? The street alongside the

Sorgue canal, where huge wooden waterwheels still turn, and has become something of a bohemian quarter, with inexpensive restaurants and arts and crafts shops. The Avignon Festival runs in July (festival-avignon.com) and is a fantastic shop-window for the foods, traditions and crafts of this city. It can get busy but if you can stand the crowds it creates a real

What's the nightlife like?

Tends to be restaurants and bars rather than banging nightclubs. The Place de l'Horloge is lined with cafés

like La Civette with friendly courteous staff who don't mind if you stop for a coffee rather than the full menu. Try La Grille (25 Place de l'Horloge) brasserie where threecourse set menus starting at about \$39. La Cour du Louvre (23 rue St Agricol, 90 27 12 66) is tucked away in a stone-sided courtyard: its bourride fish stew is a Provençale speciality: \$150 to \$180 for two with wine.

Where should I stay?

Hôtel De Mons in Avignon centre (hotel -demons.com) is an amazing converted 13th- century chapel which, while it may not be everyone's taste, is great value at around \$120 per night.

Dig a bit deeper and you might try the sumptuous La Mirande, an 18th-century former family home close to the Palais des Papes. Secluded and gorgeous. Not cheap but ask about deals.



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Experts: GPS is not alwavs best

Wilderness photography buff Andrew Kalinowski says his GPS device has got him out of many a jam on logging roads in northern Ontario forests.

The global positioning system finds his exact location, so he can easily find a way out. "I'd say the GPS saves me from getting lost every year," he said.

But for every story of GPS salvation, there's one about a driver being led to a "shortcut" through what ends up being a junkyard instead of a road.

And as happy as Kalinowski is with such devices, he says they have sometimes led him to unpaved or closed roads, mostly up north.
"It tries to lead me, usu-

ally a very good way. But I know a shorter way, often, and I know ... a faster way because I have local knowledge," the Mississauga, Ont. man said.

Many drivers admit to a love-hate relationship with those little black GPS boxes, which can be a lifeline one minute and a disorienting nuisance the next.

This became evident recently, when at least two bus drivers got lost while using GPS devices, one with fatal results.

Police in New York state say the driver of a Torontobound bus was distracted by a GPS device when he drove into a low-hanging bridge off the regular route, killing four passengers. Experts say although the gadgets make travelling easier, they cannot replace human brains, so users should bring backup paper maps, and a cellphone to call for help.

The problems are not due to poor satellite reception, as many believe, but with the accuracy of maps. THE CANADIAN PRESS

Living colour

Vantage points offer sweeping views of fall colours in Ontario



Want a great view of the fall colours in Ontario?

Try hiking to the top of Ishpatina Ridge in Lady Smoothwater Evelvn Provincial Park north of Sudbury.

At 693 metres above sea level, it's the highest point of land in the province and offers a magnificent view of the surrounding terrain, says the Ontario Parks blog.

There are numerous vantage points in Ontario suitable for viewing fall colours from on high.

Some other examples on the Parks blog include:

- 1. In Killarney Provincial Park, the view from Silver Peak (539 metres above sea level) encompasses the entire park.
- 2. At Ouimet Canyon, off the Trans-Canada Highway between Thunder Bay and Sleeping Giant, a one-kilometre trail leads to platforms that overlook the

- 3. A trail runs along the north rim of the 100-metre-deep Barron Canyon in Algonquin park (reached from the Sand Lake Gate entrance).
- **4.** In Restoule, about 65 kilometres southeast of North Bay, there are several scenic lookouts, including one 100 metres above Stormy Lake.
- 5. The almost 200-metrehigh Nipissing bluffs in Awenda park north of Midland provide an excellent spot to see fall colours.
- 6. The new Blue Mountain Trail in Charleston Lake park. northeast Kingston reaches the highest point of land in eastern Ontario.
- 7. The Red Pine Trail in Samuel de Champlain park, east of North has two lookouts with superb views of the Mattawa River Valley.

THE ASSOCIATED PRESS



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Red Fife Wheat Waffle

Pastry chef's recipe use Red Fife whole wheat

Preparation: Whole-Wheat Waffles

- Preheat waffle iron and grease lightly with vegetable oil. In a bowl, stir together flour, baking powder, brown sugar and salt. In a separate bowl, whisk together egg, buttermilk and melted butter. Fold buttermilk mixture into flour mixture until just combined; the batter will be slightly lumpy.
- Pour about 125 ml (1/2 cup) of the batter onto



Ingredients:

- 250 ml (1 cup) Red Fife whole-wheat flour • 6 ml (1 1/4 tsp) baking powder
- 2 ml (10 tsp) baking
- 30 ml (2 tbsp) brown sugar
- 1 ml (1/4 tsp) salt
- 1 large egg
- 375 ml (1 1/2 cups) buttermilk
- 45 ml (3 tbsp) melted butter

hot waffle iron, spreading evenly. Cook according to manufacturer's instructions.

3 Serve immediately with warmed maple syrup, sliced peaches and wild blueberries. Makes 4 servings.

Red Fife whole wheat: Delicious

Heritage Red Fife wheat perfect for baking only the best tasting breads and pastries says one chef



Heritage Red Fife wheat is becoming the flour of choice for many Canadian artisan bakers. And for good reason.

The wheat is known as a landrace, which means there is a genetic variability in it that allows it to adapt to diverse growing conditions. It can be hard or soft, white or red and be planted in winter or spring.

Most of all, it is famous for being a fine milling and baking wheat. Yet it had fallen out of favour among commercial farmers as other varieties came on the market and only in recent years has it come to the fore again, especially through the actions of heritage and slow food activists.

A number of Canadian bakeries are turning to

Red Fife wheat

- It is the genetic grandparent of most Canadian wheat grown today and a vital part of wheat breeding.
- Red Fife wheat was hybridized with other varieties because of better disease resistance, improved yields and shorter growing seasons

Red Fife wheat to augment their artisanal methods.

One such baker is Andrea Damon Gibson, a pastry chef.

A friend of theirs whose cousin is a farmer agreed to grow Heritage Red Fife wheat for the couple on his farm.

"Bob Marquis bought some organic Red Fife seed for us and planted it this past spring," says Damon Gibson.

"We have found quite a demand for whole-grain breads and other baked goods because of their health benefits and extra fibre," she says. "There are a lot of flours out there that have added some bran to white flour and call it whole wheat and it is not"

THE CANADIAN PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



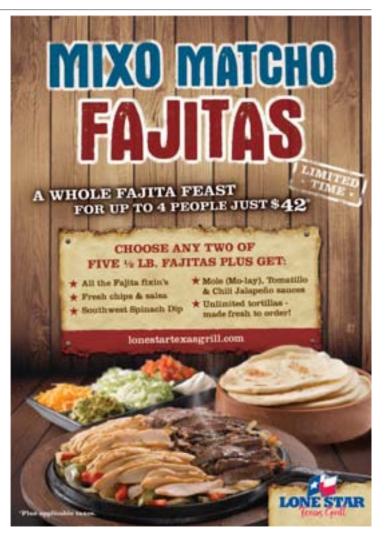
Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10



Keep current with good business blog

O Mapaba an

Have you found just the right blog expert for the latest industry trends and information? In a time-strapped world, such a resource may be all you need to keep completely current.

Take a look for example at blog staples.ca where industry specialists get right to the point with the latest news, breakthroughs and illustrative videos. Log on for just two or three minutes each time, or stay on the site a little longer to interact.

The opinions, quick tips and requests of others — in similar business shoes — is highly useful for keeping an eye on the technology, sales techniques, marketing, financing, training, staffing and more.

tion you need to stay current



Three-minute video interviews cover topics like How To Get Small Business Publicity, Bookkeeping Made Easy, How To Make A Business Plan — and hyperlinked, is a list of the most important daily business concerns. NEWS CANADA

Blogs deliver useful tips

If you have no time for formal professional development or continuing education, find yourself just the right business blog for information and consultation, industry leaders say. It may take some trial-and-error to locate the best blog for your company needs, but when you do, just a few minutes each week will keep you right in the game.

"Staying profitable on the business speed train means keeping a constant eye on competition, technology, sales techniques, marketing, financing, training, support staff, and on all of the newest tools, gadgets and products," says Steve Matyas, president of Staples Canada. "Since management generally has no time to spare, Staples designed its blog to get right to



the point with the latest news, breakthroughs and illustrative videos. Log on for just two or three minutes each time to keep up, or stay a little longer to interact. The opinions, quick tips and requests of others — in similar business shoes — is highly useful and educational too."

To avoid online trappings, time management specialists recommend this formula: locate the right resource; explore the design, format, and topics; bookmark it; return at a set time weekly (or daily) for bite-size updates. With regular, brief visits, the information will have far more value.

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The high price of adult obesity

New research suggests annual costs in the thousands

Obesity puts a drag on the wallet as well as health, especially for women.

Doctors have long known that medical bills are higher for the obese, but that's only a portion of the real-life costs.

George Washington University researchers added in things like employee sick days, lost productivity, even the need for extra gasoline — and found the annual cost of being obese is \$4,879 US for a woman and \$2,646 US for a man.

That's far more than the cost of being merely overweight — \$524 US for women and \$432 US for men, concluded the report being released yesterday, which analyzed previously published studies to come up with a total.

Why the difference between the sexes? Studies suggest larger women earn less than skinnier women, while wages don't differ when men pack on the pounds. That was a big surprise, said study co-author and health policy professor



Christine Ferguson.

Researchers had expected everybody's wages to suffer with obesity, but "this indicates you're not that disadvantaged as a guy, from a wage perspective," said Ferguson.

Then consider that obesity is linked to earlier death. While that's not something people usually consider a pocketbook issue, the report did average in the economic value of lost life. That brought women's annual obesity costs up to \$8,365 US, and men's to \$6,518 US.

The report was financed

by one of the manufacturers of gastric banding, a type of obesity surgery.

The numbers are in line with other research and aren't surprising, said Dr. Kevin Schulman, a professor of medicine and health economist at Duke University who wasn't involved in the new report.

Two-thirds of Americans are either overweight or obese, and childhood obesity has tripled in the past 30 years. Nearly 18 per cent of adolescents now are obese, facing a future of diabetes, heart disease and other ailments. THE ASSOCIATED PRESS



Calling on Canada's best and brightest

Only exceptional high school students selected for prestigious scholarship

They've shipped literacy materials to impoverished countries, developed local anti-discrimination groups and raised funds for victims of genocide - all begraduating high school.

For the past 15 years, some of Canada's brightest and most dedicated high school students have been recognized with the TD Scholarship for Community Leadership: a prestigious reward for exceptional students who have made a significant, positive impact on the world around them.

Each year, 20 outstanding students are awarded a scholarship worth up to \$70,000 to cover post-secondary tuition and living expenses, as well as summer employment with TD for up to four years.

The scholarship pro-

vides students with the opportunity to stay focused on school work and giving back to their communities without having to stress about the financial burden of post-secondary education

Dr. Jane Thompson, Executive Director of the TD Scholarship for Community Leadership program has met some incredibly dedicated students throughout her years working on the program, and has witnessed the impact the scholarships have had on their educational careers. Her advice? Apply, apply,

How to apply

plicants for the 2011

of high school.

Oct. 31, 2010.

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awards program must cur-

rently be in their final year

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ber 1 and at high schools

and CEGEPs (in Quebec) af-

ter September 20. All com-

pleted applications must

be received no later than

tdcanadatrust.com/schol-

For more details visit

and apply!

Dr. Thompson recommends the following tips for submitting a stellar application:

- Write clearly and concisely - let your accomplishments shine through.
- Consider the big picture - how have your ac-
- tions impacted others?

 Apply early don't risk accidentally missing the deadline.
- Read the requirements carefully - ensure you don't miss anything.

NEWS CANADA

Parents can help their kids get better grades

Heading back to school is an important milestone

for children.
Soon it'll be a month into the school year, and the entire household will have settled into school rou-tines. But now isn't the time to relax — in fact, the next milestone is approaching and it can be stressful: the first report card.

er the first report card as a check-up on how children are adjusting to the new school year," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "It's a tool to help parents identify subjects and be-haviours that may be trouble spots for the rest of the year." NEWS CANADA



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sports

Up and down

Michael Vick

He has been named the Philadelphia Eagles' starting quarterback, a day after coach Andy Reid said it was Kevin Kolb's job.





Larry Johnson
The former Pro Bowl
running back was released by the Washington Redskins
after gaining just
two yards on five
carries in two games

vith the team.

Jays get win, but No. 50 eludes Bautista



3

BLUE JAY

MARINER

The Toronto Blue Jays hit three home runs yesterday, none of them No. 50 for Jose Bautista.

So, no milestone moment on this night, although the blasts by Vernon Wells, Edwin Encarnacion and Travis Snider were plenty for starter Marc Rzepczynski in a 5-3 victory over the dreadful Seattle Mariners.

While Bautista remained stuck at 49 in his bid to become the 26th player in big-league history to reach the 50-homer plateau, the Blue Jays (76-74) moved a step closer toward securing a .500-or-better season before a crowd of 12.158.

They did it against a woefully limp lineup, as the nine Mariners (57-93) in the batting order had a combined 44 home runs, five less than Bautista. Beyond the top three of Ichiro Suzuki, Chone Figgins and Jose Lopez, their hitters were non-factors.

Suzuki was 4-for-4 with a walk, moving within three hits of 200 for a record 10th consecutive season. Figgins had two hits and an RBI, while Lopez added RBI singles in the first and fifth innings.

Rzepczynski (2-4), earned his first win since Aug. 13. THE CANADIAN PRESS



Foligno helps Sens top Leafs

Young forward beats Phaneuf, scores goal in pre-season opener
 Ottawa stifles Toronto power play
 Many regulars skip game

Nick Foligno took advantage of his first opportunity to show the Ottawa Senators he's ready to assume more of an offensive role this season.

The 22-year-old winger raced around Maple Leafs captain Dion Phaneuf and buried a nice wrist shot in last night's pre-season opener, helping the Senators to a 5-0 win over division rival Toronto.

It was a promising start to the exhibition campaign for Foligno, who is



looking to rebound from a season that was hindered by a knee injury. Entering his fourth season as a pro, Foligno is hoping to take on more of a role with the Senators and is one of the players in the running for

the vacant spot on the team's second line.

He was one of the few regular NHLers who dressed on a night where both teams gave several of their prospects a chance to play. Both the Leafs and Senators have busy preseason schedules and will face one another again tonight at the Air Canada Centre.

Jesse Winchester, Corey Locke, Chris Neil and Chris Kelly had the other goals for Ottawa. Jonas Gustavsson and Jussi Rynnas split the goaltending duties for Toronto.

Some familiar problems were on display for the Leafs. Dead last in the NHL on the power play a season ago, Toronto failed to convert on eight chances — including two lengthy 5-on-3s — as coach Ron Wilson continually sent out his top line of Nazem Kadri, Kris Versteeg and Colby Armstrong with Phaneuf and Tomas Kaberle. THE CANADIAN PRESS



Good news for Twins: Mauer injury minor

The Minnesota Twins say an MRI on Joe Mauer's sore left knee shows only tissue inflammation and no structural damage.

structural damage.

Manager Ron Gardenhire says Mauer may need
a cortisone shot to help
with the pain, but only expects him to be out for a
few more days.

If he does take a shot,

The Twins entered last night's game against Cleveland with a magic number of two to clinch the AL Central title.

Gardenhire said the reigning AL MVP will miss four or five games tops.

It's a big relief for the

Twins, who have been without Canadian slugger Justin Morneau for more than two months because of a concussion.

Mauer is hitting .331 and is a big reason for the team's surge to the top of the standings. He is batting .383 since the All-Star

THE ASSOCIATED PRESS



Pct PF

MLB

AMERICAN LE	AGU	Ε							
EAST DIVISION									
New York Tampa Bay Boston Toronto Baltimore	92 89 83 76 61	59 61 68 74 90	Pct .609 .593 .550 .507 .404	GB - 2 ¹ / ₂ 9 15 ¹ / ₂ 31	WCGB 6 ¹ / ₂ 13 28 ¹ / ₂	5-5 4-6 5-5 4-6 7-3	Str W-2 L-3 L-2 W-1 W-3	Home 51-25 46-29 43-34 40-33 34-43	Away 41-34 43-32 40-34 36-41 27-47
CENTRAL DIVISI	ON								
Minnesota Chicago Detroit Cleveland Kansas City	90 79 76 62 62	60 71 75 88 88	Pct .600 .527 .503 .413 .413	GB - 11 14:/2 28 28	WCGB - 10 13 ¹ / ₂ 27 27	7-3 2-8 5-5 5-5 5-5	Str W-1 L-7 L-1 L-2 W-1	Home 50-25 40-34 48-29 32-42 34-40	Away 40-31 39-31 28-44 30-44 28-44
WEST DIVISION									
Texas Oakland Los Angeles Seattle	W 83 75 74 57	66 74 76 93	.557 .503 .493 .380	GB - 8 9 ¹ / ₂ 26 ¹ / ₂	WCGB - 13 ¹ / ₂ 15 32	7-3 6-4 7-3 2-8	Str L-2 W-2 W-2 L-1	Home 48-26 45-30 39-34 35-42	35-40 30-44 35-42 22-51
NATIONAL LEA	AGUE								
EAST DIVISION									
Philadelphia Atlanta Florida New York Washington	91 86 75 74 63	61 66 75 77 88	Pct .599 .566 .500 .490 .417	GB - 5 15 16 ¹ / ₂ 27 ² / ₂	WCGB - 10 11 ¹ / ₂ 22 ¹ / ₂	9-1 5-5 4-6 5-5 3-7	Str W-9 L-2 W-2 L-4 W-1	Home 50-27 52-23 37-39 44-30 36-37	Away 41-34 34-43 38-36 30-47 27-51
CENTRAL DIVISI									
Cincinnati St. Louis Houston Milwaukee Chicago Pittsburgh	W 85 77 73 69 68 52	66 73 78 80 81 98	Pct .563 .513 .483 .463 .456 .347	GB - 7:/2 12 15 16 32:/2	WCGB - 8 12 ¹ / ₂ 15 ¹ / ₂ 16 ¹ / ₂ 33	5-5 4-6 6-4 4-6 8-2 5-5	Str W-1 L-2 L-1 L-2 W-6 W-4	Home 45-30 46-28 41-37 36-39 33-42 37-39	Away 40-36 31-45 32-41 33-41 35-39 15-59
WEST DIVISION									
San Francisco San Diego Colorado Los Angeles Arizona	W 84 83 82 73 59	66 66 67 77 91	Pct .560 .557 .550 .487 .393	GB - - 1½ 1½ 11 25	WCGB - 1 ¹ / ₂ 2 ¹ / ₂ 12 26	6-4 4-6 7-3 4-6 2-8	Str W-1 L-1 L-1 W-1 L-3	Home 45-30 42-32 51-24 42-33 35-40	Away 39-36 41-34 31-43 31-44 24-51

AMERICAN LEAGUE

Last night's results Toronto 5 Seattle 3 Kansas City 9 Detroit 6 N.Y. Yankees 8 Tampa Bay 3 Baltimore 9 Boston 1 Cleveland at Minnesota Chicago White Sox at Oakland Texas at L.A. Angels

Monday's results Detroit 7 Kansas City 5 N.Y. Yankees 8 Tampa Bay 6 Baltimore 4 Boston 2 Minnesota 9 Cleveland 3 Oakland 3 Chicago White Sox 0 L.A. Angels 7 Texas 4

Todav's games (All times Fastern)

Cleveland (C.Carrasco 1-0) at Minnesota (Blackburn 9-10), 1:10 p.m. Chicago White Sox (E.Jackson 3-2) at Oakland (Bre.Anderson 6-6), 3:35 p.m.

Kansas City (Davies 8-10) at Detroit (Scherzer 11-10), 7:05 p.m. Tampa Bay (W.Davis 12-9) at N.Y. Yankees

(A.J.Burnett 10-13), 7:05 p.m. Seattle (Pauley 2-8) at Toronto (Drabek 0-1),

Baltimore (Millwood 3-15) at Boston (Lackey 12-11), 7:10 p.m. Texas (C.Wilson 14-7) at L.A. Angels (Haren 3-

WILD CARD

AMERICAN LEAGUE

NATIONAL LEAGUE

Last night's results Philadelphia 5 Atlanta 3 Washington 8 Houston 4 Pittsburgh 5 St. Louis 2 Florida 5 N.Y. Mets 2 San Francisco at Chicago Cubs Cincinnati at Milwaukee Colorado at Arizona

Florida 4 St. Louis 0 Philadelphia 3 Atlanta 1 Houston 8 Washington 2 Cincinnati 5 Milwaukee 2

Tonight's games (All times Eastern)

Atlanta (Hanson 10-11) at Philadelphia (Oswalt 13-13), 7:05 p.m. Houston (W.Rodriguez 11-12) at Washington (Marguis 2-9), 7:05 p.m.

St. Louis (Lohse 4-7) at Pittsburgh (Morton 1-11), 7:05 p.m. N.Y. Mets (Niese 9-9) at Florida (Sanabia 4-3),

7:10 p.m. San Francisco (J.Sanchez 11-8) at Chicago Cubs (R Wells 7-13) 8:05 n m

Cincinnati (Cueto 12-5) at Milwaukee (Ra.Wolf 12-11), 8:10 p.m. Colorado (Jimenez 19-6) at Arizona (R.Lopez 6-14) 9-40 n m San Diego (Stauffer 4-4) at L.A. Dodgers (Lilly

	W	L	Pct	GB
Tampa Bay	89	61	.593	-
Boston	83	68	.550	6.5
Chi White Sox	79	71	.527	10.0

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	66	.566	-
San Diego	83	66	.557	1.5
Colorado	82	67	.550	2.5
St. Louis	77	73	.513	8.0
Florida	75	75	.500	10.0

BLUE JAYS 5. MARINERS 3

	•••		•	••••		
Seattle	ab	r	h	bi	Toronto	abrh bi
ISuzuki rf	4	2	4	0	Snider If	4 1 1 2
Figgins 2b	3	0	2	1	YEscor ss	4 0 0 0
JoLopz dh	5	0	2	2	JBautst rf	4 1 2 0
Smoak 1b	4	0	0	0	V.Wells cf	4 1 1 2
Lngrhn If	4	0	0	0	Overay 1b	2 0 0 0
AMoore c	3	0	1	0	J.Buck c	4 0 2 0
MSndrs cf	4	0	0	0	A.Hill 2b	4 0 0 0
Tuiassp 3b	4	1	1	0	Encrnc dh	4 2 2 1
JoWilsn ss	4	0	0	0	JMcDnl 3b	3 0 0 0
Totals	35	3	10	3	Totals	33 5 8 5
Seattle					100 010	001 3
Toronto					210 200	00x 5
E-Jo.Wils	on (20).	DP-	-Toronto 1.	LOB-Seat-

tle 9, Toronto 6. 2B—Tuiasosopo (5), J.Bautista (33). HR-Snider (10), V.Wells (28), Encarnacion (15). S—Figgins.

IP H R ER BB SO

French L,4-6 Olson Toronto Rzepczynski W,2-4 61-3 7 Camp H.12 S.Downs H,23 0 0 3 1 Gregg S,34-39 HBP-by French (Overbay), PB-J.Buck, Balk-

Rzepczynski.
Umpires—Home, Marvin Hudson; First, Derryl
Cousins; Second, Mike Estabrook; Third, Jim

T—2:12. A—12.158 (49.539) at Toronto

NHL

PRE-SEASON

(x-split squad game Last night's results Last night's results
Ottawa 5 Toronto 0
Philadelphia 4 New Jersey 3 (SO)
Florida 4 Carolina 1
Columbus 5 Atlanta 2
Colorado 3 St. Louis 1
Tampa Bay at Dallas
x-Vancouver at Calgary at Vancouver
Phoenix at Anaheim
Tonight's games
(All times Eastern)
Ottawa at Toronto, 7 p.m.

Ottawa at Toronto, 7 p.m. Detroit at Pittsburgh, 7 p.m. Washington at Columbus, 7 p.m. Boston at Montreal, 7:30 p.m. St. Louis at Minnesota, 8 p.m Chicago vs. Tampa Bay (at Winnipeg), 8 p.m. Los Angeles at Colorado, 9 p.m. San Jose at Anaheim, 10 p.m

SOCCER

EASTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	PI			
Columbus	25	13	7	5	33	27	44			
New York	25	13	8	4	32	27	41			
Toronto FC	25	8	10	7	24	28	31			
Kansas City	23	8	9	6	24	24	30			
Chicago	23	6	9	8	28	31	26			
New England	24	7	14	3	24	41	24			
Philadelphia	24	6	12	6	27	39	24			
D.C.	25	5	17	3	17	39	18			
MECTERN CONFEDENCE										

WESTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10			32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Houston
Tonight's game
(All times Eastern)
New England at FC Dallas, 8:30 p.m.
Friday's game
New York at Los Angeles, 11 p.m. Saturday's games Chivas USA at Philadelphia, 4 p.m.

San Jose at Toronto FC, 4 p.m. Houston at D.C. United, 7:30 p.m. Columbus at New England, 7:30 p.m. FC Dallas at Kansas City, 8 p.m. Seattle FC at Chicago, 8 p.m. Colorado at Real Salt Lake, 10 p.m.

ENGLAND

LEAGUE CUP

Inira Round

Yesterday's results

Birmingham 3 MK Dons 1

Brentford 1 Everton 1 (Brentford advances 4-3 on penalties)

Rurplay 1 polity 2 on penalties)
Burnley 1 Bolton 0
Millwall 1 Ipswich 2
Peterborough 1 Swansea 3 Portsmouth 1 Leicester 2

Stoke 2 Fulham 0 Sunderland 1 West Ham 2 Tottenham 1 Arsenal 4 Wolverhampton 4 Notts County 2

SPAIN

LA LIGA

Vesterday's results Osasuna 3 Real Sociedad 1 Athletic Bilbao 3 Mallorca 0 Real Madrid 3, Espanyol 0

Н H+

BETTING

Edmonton at Vancouver, 10 p.m.

WEDNESDAY, SEPT. 22

PRO LINE LOTTERY ODDS

50	BBL	CWS	OAK	2.5	2.1	3	1.45	1.75	_	_	_
51	BBL	ATL	PHI	2.4	2	3	1.5	1.8	_	_	_
52	BBL	HOU	WAS	1.9	1.6	2.8	1.8	2.2	1.8	8.5	1.6
53	BBL	KC	DET	3.25	2.65	3.2	1.25	1.4	1.8	8.5	1.6
54	BBL	STL	PIT	1.9	1.6	2.8	1.8	2.2	1.8	9.5	1.6
55	BBL	TB	NYY	2.2	1.8	2.8	1.6	1.9	1.6	9.5	1.8
56	BBH	CRAW	RCAN	2.4	2.2	3	2	2.2	_	_	_
57	BBL	SEA	TOR	2.5	2.1	3	1.45	1.75	1.6	8.5	1.8
58	BBL	BAL	BOS	2.6	2.2	3	1.4	1.7	1.8	9.5	1.6
59	BBL	NYM	FLA	2.1	1.75	2.75	1.65	2	1.8	8.5	1.6
60	BBL	SF	CHIC	2	1.65	2.75	1.75	2.1	_	_	_
61	BBL	CIN	MIL	1.9	1.6	2.8	1.8	2.2	1.8	8.5	1.6
62	BBH	JVOT	FIEL	2	1.8	3.4	2.4	2.8	_	_	_
63	BBL	COL	ARZ	1.4	1.25	3.2	2.65	3.25	2	9.5	1.5
64	BBL	TEX	LAA	2.1	1.75	2.75	1.65	2	_	_	_
65	BBL	SD	LAD	2.2	1.8	2.8	1.6	1.9	_	_	_
84	SCR	BLA	ASV	_	3.8	3	1.8	_	_	_	_
85	SCR	NCU	CHE	_	9.9	6	1.1	_	_	_	_
86	SCR	UDI	BLG	_	2.7	2.8	2.4	_	_	_	_
87	SCR	RMA	BRE	_	2	3	3.2	_	_	_	_
88	SCR	SMP	CAG	_	2.7	2.8	2.4	_	_	_	_
89	SCR	CESE	CAT	_	3.4	3	1.9	_	_	_	_
90	SCR	FIO	GENO	_	3.2	3	2	_	_	_	_
91	SCR	BARI	INT	_	7	4.25	1.3	_	_	_	_
92	SCR	MLN	LAZ	_	2 5	3	3.2	_	_	_	_
93	SCR	CHV	NAP	_	. 5	3.6	1.5	_	_	_	_
94	SCR	PAR	LEC	_	2.7	2.8	2.4	_	_	_	_

SCR MNC WBR — 1.7 3.2 4 — — event of any discrepancy between this information and odds available from OLG, the latter

NFL

EAST

AMERICAN CONFERENCE

A 7 8	Pt 44 41 31	Miami N.Y. Jets New England Buffalo	2 1 1 0	0 1 1 2	0 0 0	1.000 .500 .500 .000	29 37 52 17	20 24 52 49
4	30	SOUTH						
1	26 24 24 18	Houston Jacksonville Tennessee Indianapolis	2 1 1 1	0 1 1 1	0 0 0	1.000 .500 .500 .500	64 37 49 62	51 55 32 48
		NORTH						
A 9 6	Pt 50 47 44	Pittsburgh Cincinnati Baltimore Cleveland	2 1 1 0	0 1 1 2	0 0 0	1.000 .500 .500 .000	34 39 20 28	20 48 24 33
4	37	WEST						
9	36 36 25	Kansas City San Diego Denver	2 1 1	0 1 1	0 0	1.000 .500 .500	37 52 48	28 34 38

1 1 0 .500 29 52

NAHONAL	NATIONAL CONFERENCE								
EAST									
Washington N.Y. Giants Philadelphia Dallas	W 1 1 1 0	1 1 1 2	0 0 0 0	.500 .500 .500 .500	PF 40 45 55 27	PA 37 56 59 40			
SOUTH									
Tampa Bay New Orleans Atlanta Carolina	2 2 1 0	0 0 1 2	0 0 0	1.000 1.000 .500 .000	37 39 50 25	21 31 22 51			
NORTH									
Chicago Green Bay Detroit Minnesota	2 2 0	0 0 2 2	0 0 0	1.000 1.000 .000	46 61 46 19	34 27 54 28			

WEST San Francisco St. Louis

WEEK TWO New Orleans 25 San Francisco 22

WEEK THREE Sunday's games Dallas at Houston, 1 p.m.

Buffalo at New England, 1 p.m. Cleveland at Baltimore, 1 p.m. Atlanta at New Orleans, 1 p.m. Tennessee at N.Y. Giants, 1 p.m. Tennessee at N.Y. Giants, 1, p.m. Ginfinati at Garolina, 1, p.m. San Francisco at Kansas Gity, 1, p.m. Pittsburgh at Tampa Bay, 1, p.m. Detroit at Minnesota, 1, p.m. Washington at St. Louis, 4:05 p.m. Washington at St. Louis, 4:05 p.m. San Diego at Seattle, 4:15 p.m. Oakland at Arizona, 4:15 p.m. Indianapolis at Denver, 4:15 p.m. N.Y. Jets at Miami, 8:20 pm. Monday, Sept. 27 Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13

LASI DIVISIO	,,,					
	GP	W	L	Т	PF PA	Pt
Montreal	11	8	3	0	344 250	16
Hamilton	11	6	5	0	270 286	12
Toronto	11	6	5	0	237 293	12
Winnipeg	11	3	8	0	291 290	6
WEST DIVISI	ON					
	GP	W	L	Т	PF PA	Pt
Calgary	11	9	2	0	396 245	18
Saskatchewan	11	7	4	0	321 304	14

Edmonton Friday's game (All times Eastern) Montreal at Winnipeg, 8 p.m.

Saturday's games Sackatchewan at Hamilton, 6:30 p.m. B.C. at Calgary, 9:30 p.m. Sunday's game Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

KANSAS CITY ROYALS—Signed a two-year player development contract with Kane Coun-

TORONTO BLUE JAYS—Signed a two-year player development contract with Las Vegas

NATIONAL LEAGUE

ST. LOUIS CARDINALS—Released INF Felipe Lopez unconditionally.

SAN DIEGO PADRES—Placed INF Jerry Hair-

ston Jr. on the 15-day DL. Named A.J. Hinch as vice president of professional scouting. WASHINGTON NATIONALS—Signed a two-year player development contract with Auburn

FOOTBALL

LEAGUE OFFICE—Fined Baltimore coach John Harbaugh \$15,000 for impermissible verbal and physical contact with an official during Sunday's game against Cincinnati. Fined N.Y. Giants RB Brandon Jacobs \$10,000 for tossing blants RB Brandon Jacobs \$10,000 for cossim his helmet into the stands during Sunday's game against Indianapolis. Suspended Hous-ton OT Duane Brown four games for violating the NFL's policy on performance-enhancing

drugs. ARIZONA CARDINALS—Signed LB Alex Hall. Released LB Cyril Oboizor. Released LB Curtis Gatewood from their practice squad. ATLANTA FALCONS-Placed RB Jerious Norwood on injured reserve. Signed RB Gartrell Johnson III to the active roster and RB Shawn brey McNeal to the practice squad. Released

brey McNeal to the practice squad. Released LB Bear Woods from the practice squad. BUFFALD BILLS—Signed RB Andre Anderson to their practice squad. CLEVELAND BROWNS—Placed LB Kaluka Ma-iava on injured reserve. Re-signed LB Titus Brown from Denver's practice squad. DENVER BRONCOS—Walved RB Lance Ball. Pearling AB Andre Previne. Re-signed RB Andre Brown.

JACKSONVILLE JAGUARS—Signed QB Todd Bouman, Placed OB Luke McCown on injured

reserve.
PHILADELPHIA EAGLES—Signed RB Joique Bell from Buffalo's practice squad. Release WR Hank Baskett. Released S Chip Vaughn and RB Martell Mallett from their practice

squad. WASHINGTON REDSKINS—Released RB Larry

HOCKEY

ATLANTA THRASHERS—Sent F Ian McKenzie. G Chris Carozzi, and G Ed Pasquale to Chicago (AHL). Returned D Ben Chiarot to Sudbury (AHL). Returned D Ben Chiarot to Sudbury (OHL), D Sebastian Owuya to Medicine Hat (WHL) and D Cody Sol to Saginaw (OHL). CHICAGO BLACKHAWKS—Assigned F Rob Flick, F Byron Froese, F Mirko Hoefflin, F Phillipe Paradis and G Kent Simpson to their junior clubs. Assigned G Joe Palmer to Rockford (AHL). Released F Steele Boomer and D Dallas Jackson.

COLORADO AVALANCHE—Returned C Joev Hishon to Owen Sound (OHL).
NEW YORK ISLANDERS—Signed LW Nino

NEW YORK ISLANDERS.—Signed LIW Nino Niederreiter to a three-year contract.

OTTAWA SENATORS—Reassigned LIW Jakub Culek to Rimouski (OMJHL) and RW Mark Stone to Brandon (WHL).

SAN JOSE SHARKS—Signed G J.P. Anderson, F Curt Gogol and F Michael Sgarbossa.
WASHINGTON CAPITALS—Signed D Tom Poti to a two-year contract and G Brandon Anderson at the Company of the Compan

son to a three-year contract.

AHL

GRAND RAPIDS GRIFFINS—Named Kelli Byt-work community relations and corporate sales assistant

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 Quadra-Trac I® 4-Wheel Drive System
- More than 45 Safety & Security Features
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Jeep

DODGE





Grand Cherokee's king of the hill

• Not that you'd climb one but there ain't no mountain high or rough enough for the 2011 powerhouse New model features improved interiors



The trail up the hill is rocks, and the drop down is so steep that only the seatbelt keeps me from falling into the windshield. Naturally, the redesigned 2011 Grand Cherokee takes it in stride, along with improvements for a smooth asphalt ride as well.

It uses a Mercedes-Benz platform, has a selectable terrain mode similar to Land Rover's, and throws in Chrysler's newfound attention to interior quality.

It starts at \$37,995 for the base Laredo E, followed by Laredo X at \$42,995, Limited at \$46,995 and Overland at \$49,995. The trim levels are differentiated both by features and offroad capability.

The 5.7-litre Hemi V8 is unchanged, but the previ-ous 3.7-litre V6 is replaced with Chrysler's all-new 3.6litre V6. It provides 80 more horsepower, but with an

improvement in fuel econo-

Grand Cherokee offers three 4x4 different systems. The base Quadra-Trac I, standard on the Laredo models, is full-time fourwheel. Quadra-Trac II is optional on Laredo X, and standard on Limited and Overland; it adds low range and can send all engine power to the front or rear axle.

Quadra-Drive II, optional on all but the base model, is similar but adds an electronic limited-slip differential that sends full power to a single wheel if the other three are helplessly spin-

The interior design doesn't break any new ground -I like the simple, big-buttoned centre stack, but some might find it too austere — but it's light-years ahead of its predecessor in materials and finish. The previously cramped rear seats are now fine for sixfooters, and the cargo area is larger, including two

The specs

2011 JEEP GRAND CHEROKEE

- PRICE 0\$37,995 \$49,995
- ENGINE 3.6 L V6, 5.7 L V8 FUEL ECONOMY V6: City
- 13.0 (22 mpg), hwy 8.9 (32 mpg); V8: 15.7 (18 mpg), 10.6 (27 mpg)

nifty removable storage bins tucked around the spare tire, and flat-folding rear chairs. All models features dual-zone a/c, power driver's seat, pushbutton start and active front head restraints.



In brief



Iconic car show Top Gear has been rocked by a scandal surrounding mystery driver The Stig. The driver who races cars anonymously on the show has revealed his identity in a new book, which contravenes his contract with the BBC. METRO WORLD NEWS



More choices for Durango

Dodge is expanding its presence in the crossover segment with the all new 2011 Dodge Durango.

The Durango is a threerow vehicle spacious enough to carry the entire crew and performance-tuned to thrill anyone who truly loves to drive. Durango will lead the Dodge brand's new product onslaught for 2011.

From its sleek exterior design to its modern, spacious interior, and intelligent, fuel-efficient and powerful powertrain options, the 2011 Dodge Durango is all new from the inside out.

And the changes are more than skin deep. The Durango's stiffened unibody structure is engineered with the driving enthusiast in mind. The end result is a vehicle that delivers premium driving performance combined with SUV capability and

crossover versatility.

The all-new Durango features two engine options: the standard fuelefficient and powerful 3.6litre 24-valve Pentastar V6 engine and the available 5.7-litre Hemi V8 engine with fuel-saving, Multi-displacement system (MDS) four-cylinder mode.

Both engines feature variable-valve timing (VVT) and come standard with all-wheel drive. FROM CARGUIDE







PROJECT EVE SC

The consortium, Project Eve, was recently formed, with the mission to get electric car production in this country to the next level.

t includes firms, universities, infrastructure entities, etc., who all know a thing or two about how to design and build a state-of-the-art electric car. Basically, it's like all the smart kids in class getting together to collaborate on

a science project. In fact, two of the member firms, Toronto Electric and Motive Industries (Calgary), have already built working

prototypes, and they will be the first two products the consortium will build and sell to fleet customers, on a per-order basis (a full line-up is in the works).

Motive has a passionate leader in the form of Nathan Armstrong. Project Eve was officially launched at the EV Conference in Vancouver last week.

It was also the occasion where Armstrong revealed the design sketch of Motive's upcoming 4-seat electric car, called the Kestrel.

Noted Armstrong, in a Project Eve press release: "We see a unique opportunity with Project Eve to move electric mobility towards a production reali-ty. We also wish to support the Canadian auto sector by providing sustainable products and opportunities to create new manufacturing

The jobs may come, but right off the bat the Kestrel certainly opened up opportunities of another sort - for questionable headline references to "smoking



up" and "getting high" — because Project Eve revealed that this EV's body panels will be constructed of fibres originating from a species of cannabis.

Obviously the plant in question is not marijuana but its cousin, hemp which is more suited to fibre production and actually legal to grow in this country. The Alberta Research

Council founded a project to find ways of using Alberta-grown hemp fibres and Alberta-manufactured polymers to produce a "biocomposite" material that could be used in lots of products, including cars.

According to Project Eve spokesperson, John Scott, "Canada possesses more than enough knowhow, talent, and enthusiasm to play a major role in electric mobility... Project Eve is designed to accelerate the process, so we're all rowing in the same direction.

A hemp-based biocomposite material is light, strong, and green (hemp grows fast, and is easy on the soil).

Europe is further along the hemp-for-cars road than Canada. These biocomposites have already been used in some race cars, and in the Lotus Elise production car.

Hemp is just one of the "smoking good" technologies that the consortium can bring to the EV table.

Scott reports that interest in Project Eve is high (no pun intended), and coming from lots of faraway places, like India and China. If you have interest, check out projecteve.ca and/or Facebook under Project Eve.



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Mini E charging ahead

○ Electric model retains brand's zippy feel **○** Why should you care about BMW's pint-sized breakthrough?



As a rolling technological showcase and glimpse at a possible future in gasless mobility, Mini has created a wholly electric-powered model called the Mini E. It's fun to look at and runs only on electrons.

Electric cars like this aren't popping up all over Canadian roadways just yet, but the fully-functioning Mini E is a look at a technology that us Canucks will soon start seeing plenty more of.

I recently spent a morning with a Mini E prototype that had retired from a fleet of early test models deployed to gather real-world data south of the border. As a die-hard lover of fossil fuels, the Mini E changed my

In production

 BMW will be selling an all-electric production car by time the 2013 model year rolls around.

perceptions on electric transportation in more ways than one.

Here's a look at some of the important notes from the test drive — and some of the reasons you should care about this little electric thing.

• Things fire up and slip into gear just like a regular automatic Mini Cooper. Relays click away as the instruments come to life, though no starter motor sounds are apparent. Once started, the Mini E is basically quiet — albeit for a



slight hum from a battery-pack cooling fan.

• Electric motors make all of their torque, all of the time. The tester had 162 lb-ft of the stuff available at every r.p.m., backed by 201 horsepower. Every press of the throttle, from any

speed, is thereby met with a meaty forward surge of acceleration. The Mini E is in about the same butthauling ballpark as the Mini Cooper S, Volkswagen GTI or Volvo C30 T5.

• Lift the throttle, and aggressive brake-energy re-

generation makes using the brake pedal almost obsolete if drivers time their stopping properly.

stopping properly.

• If the tested prototype went into production as-is, owners could drive about 160 kilometres on a 24-hour charge. A three-hour

charge is possible, but requires the use of a higher voltage outlet. As is, the tester recharged via an adapter plugged into a standard household plug. If your daily travels were less than 160 kilometres, you'd never have to gas up again.



SUV? Hatch? It's a Matrix

● Toyota model youthful without compromising automaker's reliability

SECOND GEAR

JUSTIN PRITCHARD

DRIVE@METRONEWS.CA

The Toyota Matrix is a tall hatchback with a small SUV look and stance that benefits owners by perching them up high in the car and providing a commanding forward view. Sharp and youthful to a higher level than its over-achieving and under-styled brother, the Corolla, Matrix makes the most sense to most people coming from a wide range of lifestyles.

Available in front or all wheel drive (AWD), the Matrix could also be fitted with numerous features and options to suit a wide variety of needs. With 428 litres of cargo space, it offered one of the largest interiors in its class, too. A

The specs

- MODEL 2002 to 2006
 Toyota Matrix
- VEHICLE TYPE Small crossover
- PRICE RANGE \$4,500 to \$14,000

wide variety of dealer-installed and aftermarket accessories are available, too

Power came from a highrevving 1.8 liter four-cylinder unit with up to 180 horsepower in Matrix XRS models, though power output figures were reduced as time passed.

What Owners Like:

Dependability, adaptability, flexibility and a fun-todrive attitude are highly rated by Matrix owners, as



is its relatively decent fuel consumption, and wintertime traction in models equipped with the AWD system.

What Owners Hate:

Common gripes include a

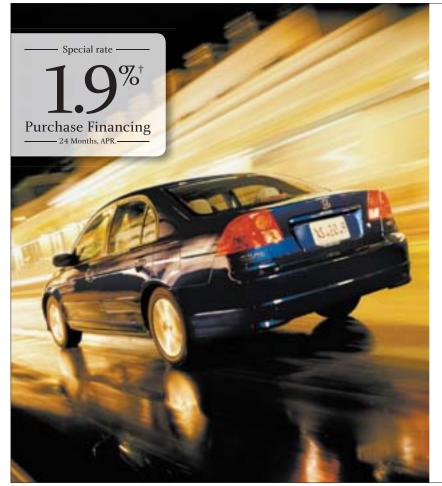
lousy factory stereo system, squeaks and rattles as the Matrix ages, excessive wind noise and some low-budget interior parts.

Common Issues:

On a test drive, be sure

to watch for a check engine light, which could indicate a number of problems including an emissions control fault or a bad oxygen sensor. Be sure to note the engine's idling as well. It should be smooth and

steady. With an automatic transmission, ensure that shifts occur with minimal hesitation and that no 'slippage' is present. With a manual, be sure the clutch take-up feels smooth and positive.



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Crossword

1 Lobbyists' org. 4 Couric's network 7 FDR's doa 8 Mountain nymph 10 Warble 11 Prop for Bugs Bunny 13 AARP member, probably 16 Favorite 17 Coarse 18 Away from WSW 19 Taleteller 20 Initial stake 21 Word before "beware!" 23 "Be quiet! 25 Additional 26 Semi-fortnight 27 Khan title 28 Miss America's topper 30 Scarlet 33 Less experienced team 36 Soda-shop treat 37 From that momen 38 Sings like Ella

means

7 Price-less?

Down

1 Emulate Van Gogh

2 "— Ask of You"

3 Heat unit

4 Talk-show host
Fergu-son

5 Pullman

compartment

6 Delhi dress

39 Egyptian cross

40 Sailor's response

41 What 40-Across

8 Happen
9 Donut-shop
purchases
10 Recipe meas.
12 First extra inning
14 Bellow
15 Born
19 Caustic solution
20 Diving bird
21 Counter-feit
22 Seventh planet
23 Antitoxins
24 Usually

inadmissible testimony

25 Army rank (Abbr.)

grain"
28 Now
29 Angry
30 Skating venues
31 Engrave
32 Color Easter eggs

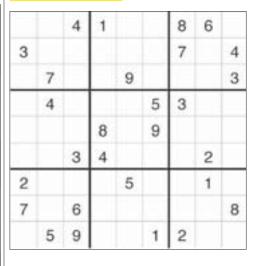
34 Bygone Peruvian

tion

35 Trigonometry func-

26 "For amber — of

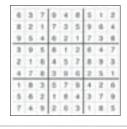
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my one and lovely sweet heart: Two years under your love spell has been wonderful. Your humour, care, generosity, and cuteness are just some of the characteristics that I adore about you. I hope this love spell that we share continues for a life time. I love you Mugu!

shnuggle bunny Im sorry.I over reacted as always. I love you. **XOXO,YOUR MUFFIN**

Hey Stacey, The day has come when I can say, Lordy, lordy, you finally turned forty!!! Miss you and love you lots. LOVE YOUR SISTER, VICKY

My lil Chipmunk, I RUVS YOU! You are beautiful, funny and sooooo CUTE!!Im the luckiest man alive. I love you beeb!



Today's horoscope

T Aries March 21-April 20 Give a little today and you will get a lot in return tomorrow when the Sun moves into your opposite sign. The theme for the next few weeks is Partnership.

▼ Taurus April 21-May 21 Most of the risks you took in recent weeks – and you took plenty – paid off in the end but the Sun's imminent change of signs means you will have to be a bit more cautious over the next few weeks.

II Gemini May 22-June 21

You've had your fill of dancing to other people's tunes – now you intend to dance to your own and, yes, that's party talk.

Gancer June 22-July 22 The Sun's move into the domestic

area of your chart tomorrow will bring into focus your relationships with the people you are closest to emotionally.

Ω Leo July 23-Aug.23 You will feel more confident about your position and your prospects, both at work and in your private life, when the Sun changes signs tomorrow.

IT Virgo Aug. 24- Sept. 22 With both the Sun and Mercury transiting your sign you've had more than your share of great ideas – but what are you going to do with them all?

□ Libra Sept. 23-0ct. 23 There were no doubt numerous occasions in recent weeks when you wish you had been more adventurous, but never mind.

A new solar year is about to begin

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Ill Scorpio oct. 24-Nov. 22 You are about to embark on the final phase of your personal solar year – the four-week period when the Sun moves through the most sensitive area of your chart.

→ Sagittarius

Nov. 23-Dec. 21 One particular aim or ambition no longer seems worth the time or the effort and you are seriously thinking about giving up on it. Don't be too hasty.

b Capricorn Dec. 22-Jan. 20
There is one thing you are really good at, one thing that marks you out from the crowd.
Make that one thing the center

of your working life over the next four weeks or so

You've waited a long time for your opportunity to shine and you don't intend to waste it. The Sun in Libra as from tomorrow will open all sorts of doors to all sorts of magical worlds.

X Pisces Feb. 19-March 20
Hopefully you have dealt with
a relationship issue that was
holding you back, because in a
matter of days, if not hours,
your new rapport will be put
to the test. Emotionally and financially you'll do great things
together.

SALLY BROMPTON



WIN! You write it!

tion for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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